



Agawam Advertiser News

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February 19, 1998

Open Pantry May Locate Site In Feeding Hills

by Peggy Shoemaker
Advertiser News Feature Writer

Jennifer Cummings, 29, a native of Falmouth now living in West Springfield, will complete her first year as executive director of the Agawam/West Springfield Open Pantry on March 31st. She succeeded Diane Crowell in that position.

Expressing her satisfaction with her experience in servicing low-income families and the homeless, she revealed that the Open Pantry organization is planning to initiate a satellite facility in Agawam.

Tentative plans for a program to be held at the Feeding Hills Congregational Church, Ms. Cummings said. It would be open two or three days a week offering groceries and clothing to low-income families. And there will be a social worker on the premises one day a week. Details of the satellite program will be announced as they unfold, she said.

The Open Pantry is located at 1023 Main Street, West Springfield. It provides meals, clothing, and some health services to residents of West Springfield, Agawam, Feeding Hills, and Southwick. Miss Cummings noted the distance between Southwick and Feeding Hills to the Open Pantry, and the fact that Agawam people cannot receive this kind of assistance in Springfield (to illustrate the need for the satellite program in Feeding Hills).

SEE OPEN PANTRY - Page 2...



MAYOR CHRISTOPHER C. JOHNSON (left) and Robinson Park Principal William Sapelli inspect a portion of that school's expansion and renovation project last week. Advertiser News photo by Jack Devine.

School Committee To Begin Tours Of School Expansions

by Kathy Cassanelli
News Editor

On the first Saturday in March, town councilors and School Committee members have been invited on a tour of the construction projects at the four elementary schools and at the High School.

Last week, a preview of the addition at Robinson Park School showed the final stages of a school construction project on the verge of becoming a place where children will learn some of the most important lessons of their lives. In fact, some people think we learn everything we need to know in kindergarten.

Robinson Park Principal William Sapelli said the addition will eventually be home to three kindergarten classrooms, the library/media center, and the Intensive Reading Program. But, for the remainder of the school year, the added space will be used temporarily to house classes while the renovation of the existing classrooms continues.

Currently, the school has two kindergarten classrooms and the third kindergarten room will be used for an all-day kindergarten program integrating special needs youngsters with regular education peer partners, Sapelli said.

"When we planned the additions at the elementary school, it was so that each school could have its own integrated kindergarten program. Right

now our special needs students attend kindergarten at Phelps and Granger. But, with the addition we can bring our children home," Sapelli said.

School officials had hoped the addition at Robinson would be ready when the children returned from winter vacation, but the completion of the project is now expected in mid-March.

From the warmth of the earth tones to the classroom walls, to the cabinets and storage spaces waiting to be filled with "school stuff," to the carpeted floor ready for footsteps, there's a sense of anticipation and welcome in the addition. The classroom cubbies await jackets and schoolbags. Even the electrical wiring has been specially designed with a built-in flexibility that will allow electrical outlets to be easily installed to keep pace with classroom needs.

The Most Impressive Looking...

Standing in the middle of the space that will become the home of the Thelma E. Meadon (former school principal) Library, School Committee Chairman (Mayor) Christopher C. Johnson said it will be the most impressive looking of all the new elementary school libraries.

SEE SCHOOL EXPANSION - Page 2...



OPEN PANTRY EXECUTIVE DIRECTOR
Jennifer Cummings. Advertiser News photo by Jack Devine.

Clean-Up Bill Passes House Vote Says Rep. Keenan

Last week, State Representative Daniel F. Keenan and 146 of his colleagues voted in favor of legislation to ensure environmental cleanup and promote the redevelopment of contaminated property in Massachusetts. The final 147-2 vote in the House of Representatives sends the "Brownfields" Bill to the Senate for their consideration.

Brownfields are loosely defined as contaminated and/or abandoned industrial or commercial properties which if cleaned and developed, present an economic and environmental benefit to a community.

"In Agawam, there are 40 known contaminated sites," Keenan said. "This bill will encourage and assist in the clean-up of these sites which, in turn, will enhance and revitalize our community."

The key provisions of this bill remove legal obstacles to brownfield redevelopment. Owners and developers who did not cause the pollution and who clean up the property will no longer face the possibility of a future lawsuit. Under current law, a buyer assumes liability for any contamination that may be present on a site or underground. The bill also offers new financial incentives to revitalize the distressed areas in the form of low interest loans, grants, and tax credits.

Keenan said of the bill, "This is by far the most comprehensive set of reforms dealing with environmental cleanup and economic development ever proposed in the state. With passage of this legislation, Massachusetts will be seen as a leader in the cleanup and redevelopment of contaminated industrial and commercial sites."

Keenan concluded that there are a total of 7,000 known contaminated sites in Massachusetts.

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OPEN PANTRY - from Page 1...

Miss Cummings has had a varied educational and working experience. She graduated from Falmouth High School and studied pharmacology for two years at Purdue University. After three months backpacking in France, and then working as an au pair for a short time, she spent two months in Colorado and then returned to Cape Cod to study French and Spanish at Cape Cod Community College.

The University of Massachusetts awarded her a bachelor's degree in Spanish. She spent one-and-a-half years at the Smith College School of Social Work, during which time she had two internships. One was at Gerena Elementary School in Springfield, working with Latino children, and one was at the Partial Hospitalization Unit of Franklin County Medical Center, Greenfield.

Volunteer Work Provided Experience

"I also did a lot of volunteer work that provided experience," she said. She was a low-income representative from Amherst on the Hampshire County Community Action Commission, and at the Amherst Family Center, where she was on the Community Advisory Board to the Department of Public Welfare in Northampton.

Then, Miss Cummings worked for the Springfield YWCA Teen Transition Program, working with teenage mothers. Last March, she became executive director of the Agawam/West Springfield Open Pantry.

Miss Cummings now resides and attends church in West Springfield, where her son, Thomas Joseph (who will be six in March) attends school. She said her experiences living in

shelters, out of her car, and eating in soup kitchens while in college is a valuable aid to her present job.

The director has her fingertips on every aspect of the Open Pantry operation from accepting donations of food and clothing to planning for larger quarters. It is obvious that the Pantry is crowded (making it look cluttered). The Open Pantry serves approximately 35 breakfasts from 10:00-11:00 a.m., Mondays through Fridays; approximately 60 lunches between 11:30 a.m. and 12:30 p.m., Monday through Friday; and approximately 40 suppers from 5:00-6:00 p.m. on Wednesdays to anyone that comes in to eat.

It also provides a three-day supply of basic food (once a month) for persons who meet guidelines. Showers are available, and other services include clothing, some household items, health services and advocacy, and meals.

There is also feeding and structured activities provided for children at some summer playgrounds in cooperation with the West Springfield Department of Recreation.

In addition to Miss Cummings, staff includes Patrick Kearney, Ed.D., advocate; Rose Desrosiers, intake worker; Richard Clark, facilities manager; and Cassie Gilmartin, development coordinator. A nurse is available on Fridays from Mercy Hospital Health Care for the Homeless (Sandy Thompson, R.N.). There are many volunteers working at the pantry, and donors are indispensable.

Miss Cummings' excitement and tenacity is contagious when she discusses Open Pantry activities. She appears energetic, competent, and compassionate. She will celebrate her 30th birthday on April 23rd.

SCHOOL EXPANSION - from Page 1...

"Because we were building the library/media center in the front of the school, we went ahead with this large, beautiful arched window looking onto the circle," Johnson said.

With work on all five additions and renovations proceeding on schedule and within budget, Johnson said it was exciting to see the result of so much hard work by school administrators, the town building department, and the contractors.

"Since we began planning the additions in 1994 to today, it's great to see what's been done," Johnson said.

The five school expansion projects are slated

for completion by the beginning of school in September. The \$19.6 million project is one of the largest capital improvement projects in the town's history, according to the Mayor.

The school additions will add about 73,000 square feet of space to the schools and the renovations are expected to extend the useful life of the buildings by 15 to 20 years, in addition to bringing them into full compliance with the Americans with Disabilities Act.

The breakdown, by school, of the estimated cost is \$7,667,861 (High School); \$2,901,711 (Clark); \$2,972,592 (Granger); \$3,680,655 (Phelps); and \$2,427,181 (Robinson).

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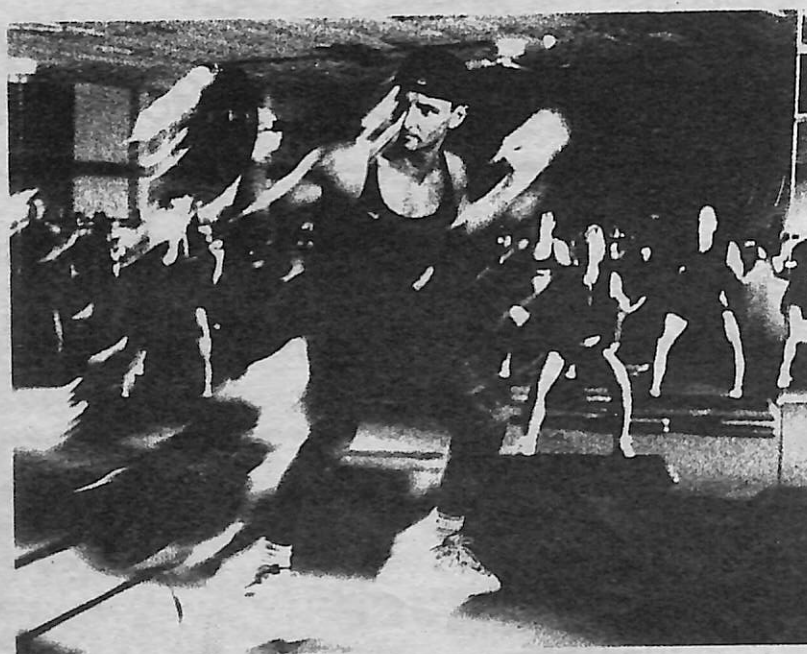
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Letters To The Editor

AHS Hoop Star Thanks Town For Support

To The Editor:

During my four years of playing athletics at Agawam High School, I could not be more proud of the support from the Agawam fans on January 30th.

I achieved a personal goal of scoring my 1,000th career basketball point. I was touched and honored by all the fans that showed up to share in this special day.

I cannot express in words my appreciation for the support the town has given to me and the teams I had played on. You make being a Brownie a special privilege.

Thank you so much for your continued support. I look forward to my last four months at AHS.

Sincerely,
Kristen Patterson

State Running Roughshod Over Local Zoning Laws

Dear State Representative: To The Editor:

I write tonight alarmed by the predictably results of the state legislature's having failed to remedy the Department of Public Utilities' corrosive power last November.

Now, with the chickens coming home to roost, the state legislature has finally voiced concern over the DPU's successor - the DTE - having ruled cell phone towers "public service corporations" in much the same way they so ruled (and your

state legislature, through deregulation enabled) re: the Berkshire Power Plant in the Town of Agawam.

Their ruling as regards to cell phone towers, in January, had its November precedent in what your state legislature (not having to face any power plants in your municipalities as you do cell towers) did encourage and enable.

So, now, many state legislators have assumed a hypocritical stance. In dealing with the devil, it was assumed by the state legislature that only but a few communities (those *unlucky* ones) would be subjected to pollutants and eyesores. Having finally realized how they, too now will face a constituency victimized by their deplorable opportunism, the state legislators who could have cared less about the Town of Agawam are now going ballistic at the thought of having their hometowns face unregulated development of cell phone towers.

I salute you finally, so very many months too late, finally jumping on the bandwagon, but I really must wonder where you were back then when you were most seriously needed. Was Mike Walsh, Ken Roberts, or someone else representing electric utilities lobbying you? How much did they contribute to your campaign war chests? Forgive me my cynical attitude and harsh words, but your sudden concern for the concept of "home rule" sounds rather hollow considering the deregulation package you just passed. Did you think I'd salute you?

You truly do have my thanks. I'm glad that you won't allow such painstakingly drafted ordinances re: cell towers, as that recently passed in the Town of Agawam, to go to waste. What I'm wondering is why various other zoning ordinances in the Town of Agawam apparently merit your contempt. You seem to be no less afflicted by the NIMBY syndrome. Perhaps your new found concern over the concept of "home rule" is really the transparent electioneering I somehow *thought* you might eventually resort to.

The time is now, my friends, to see the DTE stripped of all and any capacity to run roughshod over local zoning laws. The time is now to respect the spirit of democracy. Do dollars have votes? Is Beacon Hill a Blue Light Special? In case you have forgotten, corporations are hardly citizens at a ballot box.

Respectfully yours,
Owen R. Broadhurst
Agawam

Keenan Reports House Passage Of Affordable Housing Bond Bill

Representative Daniel F. Keenan is pleased to announce passage through the House of Representatives of a \$202 million Bond Bill to preserve affordable housing by providing funding to cities and towns, local housing authorities, and non-profit organizations.

The bill, which Rep. Keenan co-sponsored, has a public housing modernization component that would improve existing state public housing for the elderly and families.

Rep. Keenan said, "The Commonwealth owns approximately 50,000 units of public housing worth an estimated \$4.5 million. It is essential to make sure we preserve this valuable resource and improve quality of life for residents."

Rep. Keenan added that the Bond Bill also includes funding for community development ac-

tion grants, special needs housing, and housing stabilization program. Keenan said, "The Community Development Action Grants Program provides monies to localities for public infrastructure improvements, such as roads and sewers, in conjunction with the community development projects."

Keenan said that the Housing Innovations Fund creates new rental opportunities for people with special needs, such as people with disabilities, the elderly, and victims of domestic violence. He added that the Housing Stabilization Program seeks to revitalize neighborhoods by reclaiming abandoned buildings and providing new home ownership opportunities for moderate income residents.

*Our deadline is every Tuesday at noon.
We open weekdays at 6:30 a.m.*



The Agawam Advertiser•News

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Production Staff

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Richard Sardella Publisher & Owner
Ellen Lightcap Production Manager/Graphic Artist
Teri Machia Assistant Production Manager
Phil Benoit Typesetter/Layout Assistant
Jack Devine Photographer
Kathy Cassanelli News Editor
Dave Rollins Sports Editor
Peggy Shoemaker Feature Writer

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Police Arrests For Feb. 10-Feb. 13

On February 10, 1998, Christopher M. Ducharme of 21 Nassau St., Chicopee was arrested and charged with breaking & entering into a depository and larceny under \$250. Arresting officer was Det. Gary O'Brien.

On February 11, 1998, Michelle A. Booth of 13 River St., West Springfield was arrested and charged with violation of a restraining order. Arresting officer was Richard Niles.

On February 11, 1998, Chris J. Lavalley of 25 Rowley St., Agawam was arrested and charged with an outstanding warrant. Arresting officer was Det. Mark Pfau.

On February 12, 1998, Michelle A. Booth of 13 River St., West Springfield was arrested and charged with failure to stop for a police officer, negligent operation of a motor vehicle, and failure to stay in the right lane. Arresting officer was Brian Connor.

On February 13, 1998, Christopher A. Albano of 41 Liquori Dr., Feeding Hills was arrested and charged with two outstanding warrants. Arresting officer was Michael Gruska.

On February 13, 1998, Erik J. Schlagel of 25 Williams St., Agawam was arrested and charged with being a minor transporting alcohol. Arresting officer was Brian Connor.

JACK DEVINE needs at least 48 hours notice to cover your events. Call Jack at 789-0053. If Jack is out, please leave him a message.

COMMUNITY CALENDAR

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Thursday, February 26th
Agawam/West Side Toastmasters' meeting
At Country Estates Nursing Home, Route 75
7:00 p.m.
Call 789-4008 or 567-8505 for more information

Friday, February 27th
Workshop on "infant massage"
At Agawam Library's Community Room
11:00 a.m. to 12:00 noon
Please register by visiting the library or calling 789-1550

Saturday, February 28th
Operation Friendship's Roast Beef Dinner
At Feeding Hills Congregational Church
Servings: 5:00 to 6:30 p.m.
Call 786-7898 or 789-2410 for reservations

Monday, March 2nd
Agawam Lioness Club meeting
At Partner's Restaurant
Social hour - 6:30 p.m.; dinner - 7:00 p.m.
Call 786-2947 for reservations (due by Wednesday, February 25th)

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Residents Split Over Planned Rte. 187 Improvements In F.H.

by Kathy Cassanelli
News Editor

Last Thursday night, dozens of residents attended the Mass Highway Department public hearing at the Junior High School to get their first look at the state's preliminary design plan for an estimated \$3.2 million in improvements on Route 187 (North Westfield Street, Feeding Hills).

Mayor Christopher C. Johnson said the improvements will address the serious drainage problems along the road, lessen dangerous road conditions at May Hollow, and improve safety by adding granite curbing and moving sidewalks away from the edge of the road.

"This is a major accessway into Westfield and the road wasn't designed to handle that volume of traffic," Johnson said.

While residents agreed that something had to be done to alleviate drainage and safety issues, opinion was equally divided over the scope of the work. Some residents want the drainage problems fixed and the road resurfaced, but they don't want to lose portions of their front lawns to add sidewalks.

Other residents favored the plan as presented, especially the addition of sidewalks as a way to enhance pedestrian safety.

Destruction Of Natural Beauty

David Jenney, of 489 North Westfield Street, said widening the street would destroy the natural beauty and subtlety of the area. "People could go up and down the street and enjoy the scenery," Jenney said. "Now we're going to get a superhighway."

For Patrick O'Donnell of 819 North Westfield Street, the plan to improve the road is a "great idea" and the addition of sidewalks is "essential."

O'Donnell said, "This is a main road used by truckers and commuters. Right now I can't take

my kid bikeriding unless I get in the car and go to Robinson State Park. We can't be selfish and think about ourselves; we have to make the road safer for the children."

Mass Highway Project Manager Thomas Loughlin said the project was proposed by the town and will be paid for entirely by the state. In order to qualify for state funding, the project must comply with Highway Department standards in order to safely accommodate bicycles and pedestrians, as well as vehicular traffic.

The design plans displayed at the public hearing were drafted taking into consideration the concerns raised by town residents at earlier public meetings. The state will give serious consideration to the comments expressed at last Thursday's hearing, Loughlin said.

"You need to make your comments known to the Highway Department and to the town," Loughlin said. "There is some flexibility in the design and we need to know where that flexibility is."

The deadline for submitting written comments on the project to the Highway Department was extended to 15 days and copies of the comment form will be available at Town Hall in the Department of Public Works (DPW).

DPW To Hold Series Of Meetings

Although the Highway Department is not required to hold further public hearings on the highway design, Johnson said the town DPW will hold a series of meetings with residents when the next set of design drawings are ready (probably in June).

Johnson said the preliminary design plan will result in minimal land-taking as the town already owns most of the land needed to widen the road (even though people may have the perception that

their property extends to the edge of the road).

"I fully empathize with the people living there," Johnson said. "Change is difficult and what they're going to see in their front yards will be different. But, we have to look at this from the standpoint of pedestrian and vehicular safety."

Because of the condition of the roadway, it was not feasible for the town to undertake the reconstruction project without state assistance. He said accepting the state funds means the road must be constructed according to state standards.

"I encourage anyone to submit their comments to Mass Highway," Johnson said. "They have to reasonably address every concern and try to accommodate as many concerns as they can."

The proposed project will include reconstruction of North Westfield Street from the Westfield City line to Feeding Hills Center; widening the shoulders; installing concrete sidewalks along the entire western side and along the eastern side from Feeding Hills Center to Parkview Drive.

Along most of the road, a grass strip will be added between the sidewalk and the street; new traffic lights will be installed at the North Street intersection; and the culvert at May Hollow Brook will be replaced.

The North Street intersection will be widened to accommodate a left turn only lane for cars traveling in both directions along North Westfield Street, and granite curbing will be installed along the entire length of the project.

Also, the section of South Westfield Street from the Route 57 exit to the Pine Street intersection will be reconstructed to match the work done to widen the section of the street to Feeding Hills Center.

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Council Moves Closer To Cell Ordinance; New Post Delayed

by Kathy Cassanelli
News Editor

At Tuesday night's Town Council meeting, approval of a security and maintenance agreement for the proposed Connecticut River Walk and Bikeway received the unanimous support of the 10 councilors present.

But, the council held off on a final approval of the ordinance to control cell phone towers and tabled the Mayor's request for the creation of the confidential position of personnel assistant until the council's next regularly scheduled meeting on March 2nd.

Councilor Dennis Perry was absent due to a previous business commitment.

After hearing from several advocates of the proposed Connecticut River Walk and Bikeway, the council okayed a plan for the security and maintenance of the two-mile long, multi-use trail running from the South End Bridge to Chestnut Lane (along River Road).

According to a memo sent to Town Council by Agawam Planning Director Deborah Dachos, the goal of the security plan is to ensure the health and safety of the residents who about the multi-use trail, and the walkers, bicyclists, and joggers who will use the linear park.

Among the design elements seeking to ensure the safety of people using the trail are the elimination of areas of dense and overgrown vegetation, open and well-lit parking areas, community policing, telephone access, and unobstructed emergency vehicle access.

Primary security for the bikeway will be provided by Agawam Police cruisers patrolling River Road, and periodic police bicycle patrols along the path will enhance security on the bikepath.

No additional cost to the town will be incurred as a result of security for the bikeway as existing town personnel will be used, according to Ms. Dachos.

Using existing town workers, the cost of maintaining the bikeway is estimated at \$8,912 annually, including half of the cost of purchasing a boom-mounted flail mower to reach down slopes and over fencing, and a sweeper attachment to clean the path of debris from flooding and rain storms.

The new equipment will also be used by the Department of Public Works for maintenance work unrelated to the bikeway, including roadside maintenance and clearing sand from sidewalks.

Bids for constructing the bikeway will go out in the spring and construction is expected to begin in the fall, Ms. Dachos said.

Construction of the bikepath is being funded by a federal grant.

Johnson's Request Is Tabled...

The council was unanimous in agreeing to table Mayor Christopher C. Johnson's request to create the new position of personnel assistant until their next meeting on March 2nd, as suggested by Councilor Gina Letellier.

At Ms. Letellier's suggestion, council President Donald Rheault agreed to invite the Mayor to attend the next council meeting to give the councilors an opportunity to hear his reasons for proposing the new position, and to clear up any questions the councilors might have regarding the new post.

Earlier, Johnson told *The AAN* that the town needs another human resource professional to assist the personnel director with confidential personnel information, personal medical and psychological records, employee disciplinary records, and to assist with preparing data and proposals used in the collective bargaining process with the unions.

"There will be a little added cost, but it's a small price to pay," Johnson said.

Johnson said the creation of the position will not add to the number of people on the town's payroll because the person presently doing clerical work in the personnel office will be transferred to a vacant clerical position. Upgrading the clerical position in the personnel office from a union position to a confidential administrative position will cost between \$6,500 and \$7,000 a year, according to the supporting documentation sent to the council by the Mayor five weeks ago.

Second Reading Is Approved...

The council was unanimous in approving the second of three required readings of an ordinance to control wireless telecommunications towers, but stopped short of giving its final approval at the objection of Councilor Gina Letellier.

The ordinance, which seeks to control the height, style, and location of cell phone towers, will return to the council floor on March 2nd.

The ordinance will limit cell towers to a height of 190 feet and identifies nine specific parcels of land where towers may be erected. The zoning district where towers may be built includes Provin

Mountain, Riverside Park, Bondi's Island, part of the Agawam Regional Industrial Park, a parcel of land owned by Western Massachusetts Electric Company, and the town's four golf courses.

Under the proposed ordinance, telecommunications companies must post a performance bond to ensure that towers are dismantled and sites are returned to their original state when no longer used as transmitting stations.

The ordinance also requires a setback of 750 feet from any building and forces telecommunications companies to pay for camouflaging the towers and hiring an expert consultant to advise the Planning Board during site plan review.

Ms. Letellier said she wanted to postpone final approval of the proposed ordinance until the council's zoning review sub-committee, which she chairs, has an opportunity to meet.

"Council Dennis Perry (a member of the zoning review committee) has been out of town, but we're checking our schedules and I'm confident we'll be able to meet in time to discuss the ordinance and report back to the council at the March 2nd meeting," Mrs. Letellier said.

Although the council's moratorium on cell phone towers expires on February 20th, Ms. Letellier said she has researched the issue and discovered that the town will still be protected from applications to build cell phone towers for an additional four weeks.

"After checking with the state, I confirmed that the building inspector has 30 days in which to act on an application. Even if the town is flooded with requests for cell phone towers the day after the moratorium expires, the new applications will be covered by the ordinance as long as it's approved within the 30-day period," Ms. Letellier said.

Ms. Letellier said she had concerns over including the Crestview Country Club as one of the sites in the telecommunications zoning district because that site is currently zoned as residential property. If Crestview were to go out of business in the future, the land would revert to residential property. However, if telecommunications towers were located there, the value of the property would be lessened for residential development and the tax base for the town would be eroded, Ms. Letellier said.

Planning Director Deborah Dachos said the proposed ordinance will apply to any applications received between the time the legislation to control cell towers was first advertised (in December) and for 90 days after the Planning Board's January 20th public hearing.

Even though the moratorium on cell phone towers will expire on Friday, Town Council has until April 20th to enact the legislation regulating the size, type, and location of telecommunications transmitting facilities.

FireWise...

by Fire Chief David Pisano

Some Tips On Choosing And Using A Fire Extinguisher

Most fires start small, and it is at this stage that if a fire extinguisher is handy, it could put out the fire or keep it from spreading. You should only attempt to fight a fire with a fire extinguisher when it is small and in its early stage.

If your exit could potentially be blocked by fire, don't attempt to fight the fire. Instead, get out of the building.

The Agawam Fire Department provides the following hints on purchasing and using a fire extinguisher:

• Most fire extinguishers operate this way:

1. Pull the locking pin.
 2. Aim at the base of the flames.
 3. Squeeze the handle.
 4. Sweep back and forth over the burning area.
- The contents of most extinguishers last less than 30 to 60 seconds. Aim carefully at the base of the flame.

• Fire extinguishers are meant to fight only small fires (no bigger around than a trash can). Fighting too large a fire can be dangerous.

• Whenever a fire occurs, get everyone out first and call the Agawam Fire Department at 911. Then use your extinguisher if the fire is still small enough.

• All fire extinguishers are not alike. They are marked with the letter(s) indicating the type of fire they can put out:

"A" — Ordinary fuels such as wood, cloth, paper, rubber, and plastics.

"B" — Flammable liquids like gasoline, kerosene, oil, paint, and kitchen grease.

"C" — Electricity.

"D" — Metals.

• Purchase a multi-purpose extinguisher with a "BC" or "ABC" label for typical home use.

• Install extinguishers.

• Check the pressure gauge on your extinguisher periodically to see if it needs recharging. Look in the phone book for professionals to fill and recharge extinguishers.

• Always refill or replace a used extinguisher immediately. Never put it back empty. An empty extinguisher is dangerous for someone else to use.

For further information, call the Agawam Fire Department at 786-2662.

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Veterans' Corner...

by Ruth C. Bitzas
Veterans' Agent

Availability Of Annuity Applications And Other News

Recently, veterans' agents from across the state gathered for their mid-winter conference on veterans' benefits.

Agents received the new Application for Annuity, a law which becomes effective July 1, 1998. Eligible to apply for the \$1,500 benefit are: blind, paraplegic, or 100-percent disabled veterans (all cases must be service-connected), and Gold Star parents.

All three parts to the application must be completed, including the application with requested documentation, a signed Authorization for Direct Deposit, and the Request for verification of Taxation Reporting Information.

The packet is available in our office. There are still some questions as to eligibility in certain cases; a committee is being formed to address those issues.

IN OTHER NEWS:

* Recipients receiving benefits under Chapter 115 of the M.G.L. will see a higher benefits check effective February 1, 1998. This will be the second increase in eight years ... it's about time! Clients will find making ends meet a little easier.

* The VA announced that there are two new categories of World War II veterans: US Flight and Aviation Crews of North East Airlines; and US Civilian Flight Crews who served on Braniff Air Lines. Certain members of the above served in uniform but were not under the Code of Military Justice System. As such, these vets will be eligible for all federal benefits that any other wartime vet would be entitled to.

* The VA is taking a second look at eligibility for nonservice-connected VA pensions, and may revert back to eligibility at age 65 as was the policy in the past.

* Vietnam veterans exposed to Agent Orange who suffer prostate cancer may apply for compensation.

Two Local Men Designated As Heroes



AT A PRESS CONFERENCE AT TOWN HALL on Thursday, February 12th, Carl Tyburski and Raymond Herrick were awarded official citations from the Town of Agawam for their acts of heroism on January 11th in rescuing a stranded motorist from the icy waters of the Connecticut River. Tyburski and Herrick acted without hesitation or regard for their own safety in rescuing the driver of a sinking vehicle. From left - Town Council President Donald M. Rheault, Raymond Herrick, Mayor Christopher C. Johnson, Carl Tyburski, and Chief of Police Robert D. Campbell. Advertiser News photo by Joan Lussier.

sation.

* Many veterans who served in Korea suffered frostbite and continue to have problems. The eligibility criteria for this condition is not as limited as it has been in the past, and some of those veterans may now be eligible for service-connected compensation.

* Veterans' agents holding a Power of Attorney to process and develop VA claims on behalf of

veterans, will be assigned a code number whereby the agent will utilize the 800 number and be connected to any regional office in the state and be given the information requested to help develop the veteran's claim.

If you have questions on any of the aforementioned information, contact the Veterans' Services office at Agawam Town Hall, 786-0400, ext. 236/237.

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Riverside Announces New Waterpark

by Kathy Cassanelli
News Editor

Three days after announcing a deal to buy Six Flags and become the world's largest regional theme park company, Premier Parks threw a luau to celebrate their latest addition to Riverside Park.

Dressed in leis and wearing tropical patterned shirts, Riverside executives unveiled their plan for a springtime opening of Island Kingdom Waterpark as a steel band set the scene with background music at downtown Springfield's Tower Square mall last week. Billed as a family adventure waterpark, Island Kingdom will feature giant slides, mammoth tidal pools, and an interactive waterplay adventureland for kids of all ages.

With a \$12.6 million pricetag, the waterpark accounts for the lionshare of the park's \$20 million expansion project for 1998. In their first year as Riverside's owners, Premier Parks brought over \$30 million in new attractions and improvements to the park last year.

Riverside marketing Director Ron Severt said attracting families was the main focus in designing the waterpark, which will include thrill rides as well as more relaxing rides.

"In two years, we've put in more than \$55 million in improvements and the price of admission is only going up \$3," Severt said. "There will be one admission price for Riverside and Island Kingdom, so our guests will be getting two parks

for the price of one. We think that's a pretty good deal."

Adult admission will be \$24.99. For children 36" to 48", the price will be \$16.99 and children under 36" are free.

Two-Day Tourist Destination

In terms of economic development for the area, Mayor Christopher C. Johnson said the waterpark will turn Riverside into a two-day tourist destination, helping to boost tourism across the Pioneer Valley.

At Island Kingdom, guests can cook off in eight-foot high waves at Commotion Ocean, blast down the Big Kahuna Water Coaster in a giant raft, or meander around Adventure River on tubes past waterfalls, water bursts, and geysers.

Themed with a pirate motif, Hook's Lagoon has 75 interactive waterplay features and four water slides for kids of all ages.

According to Severt, Island Kingdom is patterned on its sister park, Elitch Gardens in Denver, Colorado. Last year, Elitch Gardens won the Waterpark of the Year Award from the World Waterpark Association.

Earlier last week, Premier Parks announced their agreement with Time Warner entertainment and an investor group led by Boston Ventures to acquire Six Flags for approximately \$1.9 billion.

Under the terms of the agreement, Premier Parks will purchase Six Flags for \$965 million, including \$785 million in cash and \$200 million in convertible referred stock of Premier. Also, Premier will assume a total of \$890 million in Six Flags debt as part of the deal.

Licensing Agreement

As part of the transaction, the companies will enter a licensing agreement giving Premier Parks the exclusive theme park rights in the U.S. and Canada of all Warner Brothers and DC Comics cartoon and comic book characters. Premier Parks plans to use the Six Flags brand name and the licensed characters, including Bugs Bunny, Daffy Duck, Tweety Bird, Yosemite Sam, Batman, and Superman, at most of its existing parks.

The deal is expected to close in the spring.

In addition to the eight theme parks, three waterparks, and wildlife safari park it will acquire in the deal to purchase Six Flags, Premier Parks is in the midst of closing a deal to expand its operations to Europe.

In December, Premier Parks entered an agreement to purchase the six parks owned by Walibi S.A. in Belgium, France, and The Netherlands. That deal is expected to close in March.

Council & Mayor To Meet At Workshops To Discuss Issues

by Kathy Cassanelli
News Editor

Town Council President Donald Rheault will be scheduling two workshop sessions with the Mayor to discuss two important matters that will be coming to the council floor in the near future.

One session will deal with the Mayor's plan to launch a three-part joint initiative with the Town Council to address zoning revision as outlined in his state of the city address.

Johnson plans to ask Town Council for a commitment to review and revise the town's entire zoning code since many current types of development, including cell towers and drive-thru businesses, were unknown when most of the town's zoning ordinances were written 30 to 40 years ago.

The second workshop will deal with the town's financial responsibility for the unfunded pension liability for the Hampden County Retirement System when county government is abolished on July 1, 1998.

When county government ceases to exist this summer, the town will be hit with a bill for nearly a half-million dollars to pay for the portion of county retirees' pensions not covered by employee contributions, unless the state picks up the county's liabilities when it acquires the county's assets,

according to Johnson. And Agawam's liability for unfunded pension costs could continue for as long as 40 years, Johnson said.

Because town employees (except School Department employees) are members of the Hampden County Retirement System, Johnson said the town is responsible for the unfunded portion of their pensions. However, it is neither fair nor equitable for the town to pick up the bill for county retirees when the county ceases to exist and the state becomes the county in July, Johnson said.

Currently working on a legislative proposal with State Senator Linda Melconian and State Representative Daniel Keenan to shift the financial burden of county employee pensions to the state, Johnson said he will seek a judicial settlement, in other words, sue the state, if a legislative settlement cannot be reached.

Rheault said the two workshop sessions will likely be held on Monday evenings in the Middle School auditorium when the council is not scheduled to meet in a regular session. The meetings will be open to the public and may be televised on the cable access channel, depending on the availability of the volunteer broadcast crew.

Tax Assistance Is Available At The Agawam Senior Center

The Agawam Senior Center will offer tax assistance on Wednesday mornings from February 4th through April 15th from 9:00 a.m.-11:15 a.m.

To schedule an appointment, call the Center at 786-0400, ext. 242 or 243.

To make an appointment for information on fuel assistance, call the Agawam Senior Center. Appointments are available on Wednesdays through the end of February from 8:30 a.m.-12:30 p.m.

Call 786-0400, ext. 242 or 243.

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Neal Meets With Blair



CONGRESSMAN RICHARD E. NEAL (left) had the opportunity to discuss the peace process in Northern Ireland and the crisis in Iraq last week with British Prime Minister Tony Blair in Washington, D.C. The two met Thursday morning at the Blair House for a 90 minute meeting and then traveled to the White House for a private reception with President Clinton. Neal is presenting Blair with a biography of 19th century leader William Gladstone, the first British prime minister to advocate a free Irish state. "I hope you have better luck with Ireland than Gladstone did," Neal said to Blair.

Senator Melconian Excited About New Tax-Cutting Proposal

Senate Assistant Majority Leader Linda J. Melconian (D-Springfield) is excited about a tax proposal from Senate President Thomas F. Birmingham, which would double the personal exemption for all citizens of Massachusetts.

"President Birmingham's proposal seems like a common sense, affordable plan that will benefit all residents equally," Melconian said.

Birmingham's proposal would raise the personal state tax exemption, which would mean more money in the pockets of Massachusetts' taxpayers. A couple filing jointly would save \$262 while a single filer would be able to keep an additional \$131. Birmingham and Melconian believe that this plan would be equitable and fair, as everyone would have an equal share in the savings.

"With the great success of Massachusetts' economy, tax cuts have to be looked at," Melconian said. "However, we have to be prudent and not position ourselves poorly for an economic downturn."

Melconian is interested in hearing your views on the tax issue. Feel free to contact her district office at 786-6033.

"It is important to hear different opinions on how to handle taxes," Melconian said. "I want to listen and come up with the best possible solution to benefit the most people. President Birmingham has a promising proposal. There will be others."

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Keenan Addresses Two Groups About Hampden County Retirement System

State Representative Daniel F. Keenan recently addressed the Legislative Municipal Caucus and Massachusetts Municipal Association on the potential increase in assessments on member communities of the Hampden County Retirement System.

Chapter 48 of the Acts of 1997 abolishes Hampden County government on July 1, 1998, and the status of the unfunded pension liability once the county is abolished remains unclear.

"I want to make sure that my colleagues are aware of the increase in assessments," stated Keenan. "Then we can work together and move forward to prevent the cities and towns we represent from bearing this extra burden."

The potential increase in assessments is caused

by the co-existence of Massachusetts General Laws and Chapter 48 of the Acts of 1997 which impose different assessment collections to recover the unfunded pension liability. If the Legislature does not address this issue, member cities and towns of the retirement system in an abolished county could be assessed twice.

"The communities I represent cannot afford this additional assessment without it drastically impacting their budget, and I am sure these dramatic increases will be felt by member units of all abolished county retirement systems," Keenan said.

The Legislature has appointed a County Task Force to assess the assets and liabilities of the county and will issue a report and recommendation on their findings.

Our deadline is each Tuesday at 12 noon

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(12 Pk. Cans)
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(6 Pk.)
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(16 Oz. NR)
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— Agawam Obituaries —

Robert J. Smith

Robert J. Smith, 76, of Florida Drive, Agawam, a retired 36-year employee at the former New England Telephone Co., died in Western Massachusetts Hospital, Westfield.

He worked 36 years for the phone company in the installation department and also in the division staff office, retiring in 1982.

Born in Whitman, he formerly lived in West Springfield. He was a graduate of the West Springfield High School and attended Michigan State College.

He was an Army Air Forces veteran of World War II and served as a fighter pilot.

He moved to Agawam in 1957 and was a member of Agawam Baptist Church, where he was also a Sunday School teacher, a past president of the Mr. & Mrs. Club, a church deacon, and a member of the board of ushers.

He was a former secretary of the Level Club, a member of the Telephone Pioneers of America, and the Charles C. Spellman Lodge of Masons.

He leaves his wife, the former Dorothy Barrepski; two sons, Robert R. of Easthampton, and Donald A. of Ludlow; a daughter, Darlene Spencer of Key Largo, Florida; two brothers, Russell L. of Warwick, Rhode Island, and Arthur L. of Ludlow; and four grandchildren.

The funeral was held in the church, with burial in Agawam Center Cemetery. Agawam Curran-Jones Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Visiting Nurse Association-Pioneer Valley Alzheimer's Unit, P.O. Box 9058, Springfield, MA 01102-9058.

Clementine Gonyeau

Clementine A. ("Tina") Yanuska Gonyeau, 80, of 52 High St., Springfield, died in a Springfield nursing home. She was a printer at the former Standard Photo Co.

Born in Braskel, Lithuania, she was a longtime area resident, and lived previously in Ludlow and Pennsylvania. She was a communicant of St. Joseph's Polish National Catholic Church, and a member of its Younger Generation Society.

Her husband, Carl J. Gonyeau, died in 1958. She leaves two nephews, John J. Januska of Somers, Connecticut, and Richard S. Januska of Feeding Hills; two great-nephews, Matthew and Michael Januska of Somers; and two great-nieces, Christina and Vanessa Januska of Feeding Hills.

The funeral was Agawam Funeral Home and the church, with the burial in the parish cemetery.

Florence S. Mancini

Florence S. ("Flo") Chechile Mancini, 68, of 60 School St., Agawam, died at Baystate Medical Center in Springfield. Born in Springfield, she lived here from 1957.

She leaves her husband of 50 years, Aldo A. ("Butch") Mancini; two sons, Aldo A. Mancini, Jr. and Bruce A. of Feeding Hills; two daughters, Francine M. of New York City and Karla M. Young of Feeding Hills; a sister, Marie Cassidy of Springfield; and three grandchildren.

The funeral was at Colonial-Forastiere Funeral Home and Sacred Heart Church, with the burial in Springfield Street Cemetery.

Memorial contributions may be made to the Pioneer Valley Hospice, 50 Maple St., P.O. Box 9058, Springfield, MA 01102-9058.

Edward Connolly III

Edward J. ("Ned") Connolly III, 46, of Feeding Hills, died at Olympus Specialty Hospital in Springfield. He was a 15-year marketing administrator for New England Telephone Co., and retired in 1988.

Born in Springfield, he was a graduate of Classical High School and attended American International College. He lived in Feeding Hills for 14 years, and belonged to the Holyoke Elks Lodge and the Springfield Country Club.

He was president of the Residents Council at Olympus Hospital. He leaves his wife, the former Lynn Bartlett; his parents, Edward J. Connolly II and Bernice (McBride) Connolly of Springfield; and his brother, Patrick C. of Hingham.

The funeral was at Agawam Curran-Jones Funeral Home and Sacred Heart Church, with the burial at the convenience of the family.

Memorial contributions may be made to the American Cancer Society, 53 Capital Drive, West Springfield, MA 01089.

Richard Desrosiers

Richard A. Desrosiers, 51, of 36b Grove St., West Springfield, died at Baystate Medical Center in Springfield. He owned and operated Lee-Scott Builders for 12 years.

Born and schooled in Holyoke, he attended Bentley College in Boston, and was a graduate of Northampton Commercial College. He attended the Second Baptist Church of South Hadley and belonged to West Springfield-Agawam Elks Lodge 2174 and Odd Fellows Amity Lodge 172 in Springfield.

He leaves his wife, Dorothy (Jenny) Desrosiers; his parents, Ronald A. and Helen (Bills) Desrosiers of Holyoke, and two sisters, Barbara Chausse of Dudley and Roberta Moncada of St. Petersburg, Florida.

West Springfield Curran-Jones Funeral Home was in charge, with burial in Forestdale Cemetery.

Memorial contributions may be made to the Massachusetts Society for the Prevention of Cruelty to Animals, 53 Bliss St., Springfield, MA 01105.

Arlene M. Ratigan

Arlene M. Ratigan, 55, of Willowbrook Drive, Agawam, formerly of Niskayuna, New York, died in Holyoke Hospital after a long illness.

She was a computer specialist for the BEST Co. in Albany, New York, for many years.

Born in Albany, she formerly lived in Niskayuna. She attended schools there and was a member of local organizations.

She recently moved to Agawam. She leaves her mother, Sylvia Myers Wellisch of Agawam; a sister, Natalie Kramer of Agawam; and three uncles.

The funeral was held at Levine Memorial Chapel in Albany, with burial in Workmen's Circle Cemetery in Gunderland, New York. A memorial observance was held at 31 Riverview Drive, Niskayuna.

Memorial contributions may be made to the ALS Center, 315 South Manning Blvd., Albany, New York 12208.

Kenneth E. Falk, Jr.

Kenneth E. Falk, Jr., 55, of Suffield, Connecticut, died at St. Francis Hospital in Hartford.

He worked at Combustion Engineering Co. of Windsor for 27 years.

Born in Stafford Springs, he lived in Springfield, MA, before moving here in 1967.

He attended the Bethany Assembly of God Church in Agawam, and served with the Army Reserve in Massachusetts.

He leaves his wife, Roxana (Hinckley) Falk; a son, Kenneth E. 3rd of Suffield; a daughter, Denise McDonald of Windsor Locks; his mother, Georgette (Pepin) Falk of Rhode Island; a brother, Carl of Pulaski, New York; and a sister, Susan Tierney of Rhode Island.

The funeral was held at the church, with the burial in Woodlawn Cemetery. Nicholson & Carmon Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Volunteer Ambulance Association, P.O. Box 642, Suffield, CT 06078.

Gladys B. Newhauser

Gladys B. (Buskett) Newhauser, 95, formerly of 350 Meadow St., Agawam, died recently. She was the sales supervisor at Fisk Tire Co. of Chicopee (later Uniroyal Co.) and retired in 1958.

Born in St. Johnsbury, Vermont, she lived on Holland Street, Springfield, before moving here in 1978.

She was a former communicant of St. Thomas Aquinas Church in Springfield. Her husband, Ernest Newhauser, died in 1960. She leaves two nieces, Doris A. Blair of Montgomery, Mass., and Beverly Bizon of Springfield, and a friend, Edith Carr of Agawam.

There was a graveside service at St. Michael's Cemetery. St. Pierre Springfield Funeral Chapel was in charge. Memorial contributions may be made to any charity.

Joseph N. Donatini

Joseph N. Donatini, 82, of 522 North St., Feeding Hills, died recently at home. He and his brother owned and operated the Donatini Bros. Garage in West Springfield for 46 years.

The decedent retired in 1980. Born in Springfield, he lived in West Springfield before moving here in 1954. He was a communicant of the Sacred Heart Church, and an Army veteran of World War II.

He leaves his wife, the former Kathleen T. White; a daughter, Maureen C. Fredey of Feeding Hills; a brother, Nicholas of Feeding Hills; two sisters, Ines Cloutier of Waterford, Connecticut, and Mary Thomas of West Springfield.

The funeral was at Agawam Curran-Jones Funeral Home and the church, with the burial in Springfield Street Cemetery.

SEE OBITUARIES - Page 11...

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OBITUARIES - from Page 10...

Enrico Yacavone

Enrico ("Henry") Yacavone, 80, of 22 Raymond Circle, Agawam, died at Baystate Medical Center in Springfield. He was the owner of the former Sam Yacavone & Son, Inc., a landscaping business, and retired in 1979.

Born in Agnone, Campobasso, Italy, he came to Springfield in 1931, and moved to Agawam in 1990. He was a World War II Army veteran, and served in the medical detachment of the 132nd Engineer Combat Battalion in the Pacific theater.

He received a Philippine liberation ribbon with bronze star, and Pacific theater and American defense ribbons. He was a communicant of Our Lady of Mount Carmel Church, and belonged to the Massachusetts Beach Buggies Association and Veterans of Foreign Wars Post 7352.

His wife, Rosalie (Regmantowski) Yacavone, died in 1989. He leaves a son, Richard of Springfield; a daughter, Rosemary Gagliarducci of Agawam; and three grandchildren.

Tazzini Funeral Home was in charge of arrangements. Memorial contributions may be made to the Massachusetts Striped Bass Association, Viking Club, 410 Quincy Ave., Braintree, MA 02184.

Antonia Stott

Antonia (Wanas) Raguskus Stott, 74, of 188 Sawmill Road, West Springfield died at home. She was a 25-year draftswoman in the aircraft industry, and retired from Hamilton Standard Division of United Technologies Corp. in 1978.

She also worked in the Bridgeport, Connecticut defense plant during World War II. Born in Dickson City, Pennsylvania, she lived in Feeding Hills before moving to West Springfield in 1997.

She attended the Church of Jesus Christ of Latter-Day Saints in Springfield. Her first husband, Andrew Raguskus, died in 1979. She leaves her second husband, Lyle D. Stott; a son, Andrew G. Raguskus of Salt Lake City, Utah; three brothers, Joseph of Stratford, Connecticut, and Alexander and Michael of Dickson City; four sisters, Olga Magyar of Fairfield, Connecticut, Helen Shurminsky of Westport, Connecticut, Julie Bakos of Bridgeport, and Mary Kotch of Dickson City; five grandchildren, and two great-grandchildren.

The funeral was in the church, with the burial in Springfield Street Cemetery in Feeding Hills. West Springfield Curran Jones Funeral Home was in charge of arrangements.

Memorial contributions may be made to the Pioneer Valley Hospice, 50 Maple St., Springfield, MA 01104.

Check our classified pages every week

Annual Western Mass. Epilepsy Dinner Slated For March 7th At Chez Josef

The Western Mass. Epilepsy Awareness Committee will host its annual fundraising event to be held March 7th at Chez Josef located on Shoemaker Lane.

The evening will begin with a cocktail hour beginning at 6:00 p.m. Dinner will follow at 7:00 p.m. D.J. Rocco Productions will provide the entertainment. The committee will also be hosting its second annual "Exclusive Silent Auction."

Millicent T. Kelly RD., LD., from Johns Hopkins Hospital in Baltimore, Maryland will be honored for her long-standing commitment for keeping the Ketogenic Diet alive for the many children who suffer with difficult-to-control seizures.

She has dedicated the last 50 years of her life perfecting a diet which has made the difference between a child having numerous seizures to being completely seizure-free.

Donations are \$25 per person. All proceeds benefit the Boston Children's Hospital—Epilepsy Unit, The Epilepsy Association of MA, and the Pediatric Neurology Dept. of Baystate Medical Center.

PLEASE HELP US TO HELP OTHERS UNDERSTAND EPILEPSY AND TO FIND A CURE!

For more information, call Carol Pietroniro at 786-9452, Kim Martel at 786-1169, or Sue Hearn at 789-1529.

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each
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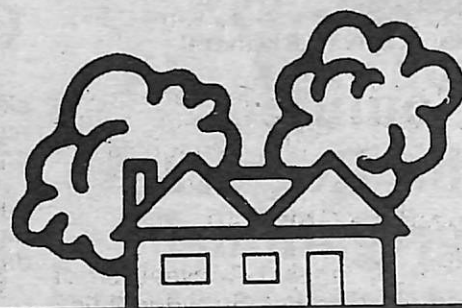
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A Public Service Message from the Internal Revenue Service

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*Family
Considerations*



Families



MR. & MRS. JOHN C. REGNIER

Keri L. Couture Weds John Regnier At Ag. Congregational

Keri Louise Couture, daughter of Betty and Bob Couture of Colemore Street, Feeding Hills, became the bride of John Christopher Regnier on September 6, 1997.

The parents of the groom are Dolores Regnier of West Springfield and John and Marshia Regnier of Agawam.

The wedding ceremony took place at the Agawam Congregational Church, with Rev. Curt Fuller officiating. The matron of honor was Jennifer Nardi. The bridesmaids were Barbara Couture, Jennifer Lomelino, Karen Modzelewski, and Michelle Hill. The flower girl was Jessica Winn.

The best man was Dominic Rioni. The ushers were Gary Couture, Anthony Pederzani, Todd Couture, and Aaron Murphy. Ringbearer was Jonathan O'Brien.

The bride is a 1992 graduate of Agawam High School. She attended associated schools in Florida and graduated from Kay Harvey in West Springfield. She is currently employed at "End Results" in Feeding Hills as a nail technician.

The bridegroom is a 1989 graduate of Cathedral High School. He served in the U.S. Navy for four years. He is now employed by the U.S. Postal Service in Springfield.

Following a reception at the Sheraton in Springfield, the couple traveled to Disney World, Florida.

The couple currently reside in Agawam.

Ag. Senior Center's Weekly Lunch Menu

Monday, February 23rd: Spicy potato soup, beef stroganoff sandwich, tossed salad, fresh apple.

Tuesday, February 24th: Roast turkey, stuffing w/gravy, butternut squash, cranberry sauce, brownies.

Wednesday, February 25th: Baked fish, potato puff, butter carrots, rye bread, lemon pudding.

Thursday, February 26th: Chicken paprikash, potato pie, tossed salad, breadsticks, pears.

Friday, February 27th: Clam chowder, tuna salad on a roll, pasta & pea salad, mixed fruit.

**NO ONE covers all
the local news like
us, each week
ADVERTISER NEWS**

David Skolnick To Speak Before Polish Club's Women

The Women's Auxiliary of the Polish-American Club of Agawam have scheduled **David Skolnick**, a handwriting expert for over 35 years, to give a demonstration on understanding your own handwriting.

It is a well-known fact that you are what you write. Find out who you are! Your personality, your emotions, and your health are so clear to a person who understands handwriting analysis.

The public is cordially invited to attend Monday, March 2nd, 7:30 p.m. at the Club House located at 139 Southwick Street, Feeding Hills. Refreshments will be served.

For additional information, contact Mary K. Labun at 786-4057.

Local Toastmasters To Next Meet At Country Estates

Do you need to sharpen your communication skills of listening, presentations, leadership, relating better to others, or giving and receiving constructive criticism?

Come and learn how Toastmasters has been helping millions for over 70 years gain the competitive edge, and doing it at their own pace—no deadlines, no pressure.

Come and check us out! Our next meeting will be held on February 26th, 7:00 p.m., at the Country Estates Nursing Home, Route 75, in Agawam (approx. 1/2-mile south of the Oaks Banquet Facility).

For more information, call Mike Margiotta at 789-4008 or Jack Russell at 567-8505.

Annual Agawam Day In FLA On March 4th

The 17th Annual Agawam Day Picnic will be held on March 4th at Fred Howard Park in Tarpon Springs, Florida at Shelter 5.

Please bring your lunch, beverage, and chairs. We welcome new friends and love to see old friends, living in or visiting Florida at this time. Please pass the word to anyone you know who might be able to attend.

Door prize donations are always welcome. Come and join us. See you there!!

For information, call Betty & Ken Grady at 1-813-938-7521 or Evelyn Martel at 1-813-937-0018.



MR. & MRS. JACK PATTERSON

Christine Staub Becomes Bride Of Jack Patterson

St. John's Church in Binghamton, New York was the setting for the recent marriage of Christine Staub and Jack Patterson.

The bride is the daughter of Joyce and Donald Staub of Conklin, New York. Parents of the bridegroom are Kathy and Jack Patterson of Agawam.

Denise McAllister attended the bride as matron of honor and Mike Dilullo served as best man.

Christine graduated from Susquehanna Valley High School and the State University of New York at Oneonta. She is a manager for Dick's Clothing and Sporting Goods in Manchester, Connecticut.

Jack is a graduate of Agawam High School and Bridgewater State College. He is employed as an athletic trainer for NovaCare Outpatient Rehabilitation in Wilbraham.

best local news...

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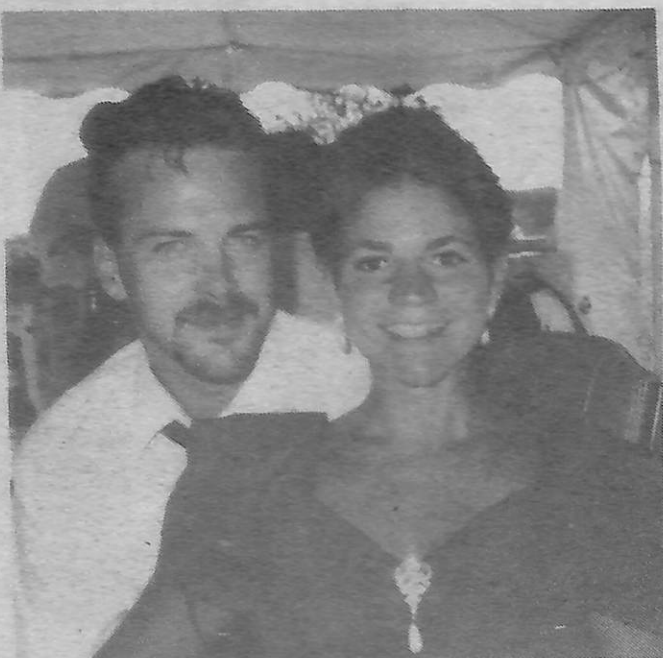
Every Tuesday

Half-Price Pizza

Buy 1, Get 2nd

At Half Price Plus \$1

Must Present Coupon — Expires 3/31/98



BARBARA WOJCIECHOWSKI is engaged to JAMISON GOTTIER.

Miss Wojciechowski Engaged To Wed Jamison Gottier

Barbara Wojciechowski, of 17 Deering Street, Agawam, daughter of the late Stanley Wojciechowski and the late Leatrice Wojciechowski recently became engaged to Jamison Gottier, son of Clifford Gottier of Somers, Connecticut, and Laurel Gottier of Vernon, Connecticut.

Barbara is a graduate of Agawam High School, STCC, Westfield State College, and AIC and is the owner of Consignment Discount Bridal & Formal Wear in Agawam.

Jamison is a graduate of Somers High School and is currently employed by Medeiros Oldsmobile in Enfield, Connecticut.

A June 6, 1998 wedding date has been set.

Julie Ferioli Is Engaged To Wed Gregory Smith

Mr. & Mrs. John R. Ferioli of North West Street, Feeding Hills, are pleased to announce the engagement and forthcoming marriage of their daughter, Julie Ferioli, to Gregory Smith, son of Mr. & Mrs. Timothy Smith of Washington D.C. and Watch Hill, Rhode Island.

A July 11th wedding is planned.

The future bride is a graduate of Cathedral High School and Rensselaer Polytechnic Institute, New York, where she received a bachelor of science degree in chemical engineering. Currently pursuing her master's degree in chemical engineering at the University of Delaware, she is employed as a process control engineer at E.I. DuPont de Nemours in Wilmington, Delaware.

The prospective groom, a graduate of Skidmore College, New York, received his master's degree in business administration from William and Mary College, Virginia. He is presently employed as a public relations consultant with the firm of Barton-Gilanelli & Assoc. in Philadelphia, Pennsylvania.



JULIE FERIOLI & GREGORY SMITH

Pioneer Valley Grange Plans Card Party At Southwick Grange

The Pioneer Valley Pomona Grange will hold a card party on Feb. 24th at 7:00 p.m. at the Southwick Grange Hall on College Highway (behind Best Auto Repair).

The premises are handicap accessible. For more information, call 569-6382.

Heritage Hall Seeks Clerical Volunteers For Agawam Site

Heritage Hall Centers, a member of the Genesis Eldercare Network, are looking for clerical volunteers.

If you enjoy office work, such as filing, photocopying, typing, or working with computers, and have extra time to give, we have opportunities for you.

Gain experience while you volunteer. Please contact Kimberly George, Director of Volunteer Services at (413) 786-8000, ext. 217.

Best local news...

Advice From The Mortgage Pros ...

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Glenn McCarthy, Assistant Vice President of Retail and Mortgage Lending, 21 years of banking experience.

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Donating To Shriners!



ON SATURDAY, FEBRUARY 7TH, a dancing crowd of 200 people filled the hall at the Turnverein Club on Garden Street. In addition to enjoying a great party, those in attendance raised \$800, which was donated to the Springfield Shriners Hospital. In the photo above, party organizer Linda Comee presents the donation to local Shriner Scott Skolnick.

Community Grange Plans Breakfast For Sunday, March 15th

Community Grange No. 382 of Feeding Hills will hold a French Toast Breakfast on Sunday, March 15th from 8:30 a.m. to 12:00 noon at the Grange Hall. The hall is located at 47 North West Street in Feeding Hills.

The menu will consist of French toast, sausage, juice, coffee, tea, or milk. The cost is \$3 for adults and \$1.50 for children under 12. Reservations can be made by calling 789-2061.

Come to a great home-cooked breakfast. The public is invited to attend.

Serra Family Announces Birth Of Second Child, Julia

Mark and Margaret Serra of Agawam are proud to announce the birth of their second child, Julia Rose, born on January 8, 1998 at the Family Life Center at Mercy Hospital in Springfield.

She was welcomed home by her sister, Anna, and her half-sister, Jennifer of West Springfield.

Julia's maternal grandparents are Eleanor Nemes of West Springfield and Walter Nemes of Agawam.

Her paternal grandmother is Anna Serra-Delmonico of West Springfield.

Springfield Turnverein To Hold Dinner Dance On Sat., Feb. 28th

The Springfield Turnverein of Feeding Hills, 176 Garden Street, Feeding Hills will have a Dinner & Dance on Saturday evening, February 28th.

Dinner will consist of scrod with seafood topping, potato, vegetable, coffee, and cake. A substitute dinner of baked stuffed chicken breast will also be available.

Reservations may be made by February 25th by calling Wilma Gillan at 786-4671 or the club at 786-0924.

Music for your dancing and listening pleasure will be provided by Leo Murawski.

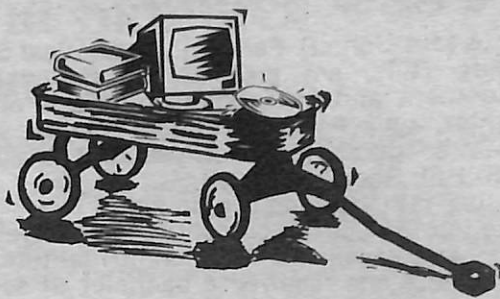
Traveling? Need Baby Equipment? Call New Company In FLA

Traveling to Florida? In need of baby equipment to rent? Baby Rent-All offers a wide variety of baby equipment for rent, including strollers, high chairs, swings, and much more!

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For more information, call 1-888-8BABY98 or (813) 831-8576.

Give a Child the Tools To Succeed



The General Federation of Women's Clubs made a commitment to support the "Presidents' Summit for America's Future" in April 1997 in Philadelphia.

Based on the GFWC's history of support for public libraries and literacy, and the realization that the ability to read and to have access to reading material is the key to success in life:

GFWC commits its 250,000 U.S. members in 6,500 clubs nationwide to increase the books the tutoring material available to encourage reading by young people. Our goal is to contribute at least \$12.5 million worth of materials to public libraries and public school libraries by the year 2000.

The GFWC Agawam Junior Women's Club is actively involved in this national project. The club would appreciate any support the community and any support other organizations committed to children and reading can give us in attaining its goal.

All books and materials donated through the Agawam Junior Women's Club will carry a GFWC bookplate. All donations will be publicly acknowledged.

Anyone interested in helping the Agawam Juniors achieve their club's goal may contact Donna M. Shibley, Chairperson of the AJWC Libraries 2000, at 786-3888. Monetary donations may be sent to Agawam Junior Women's Clubs, Libraries 2000, P.O. Box 332, Agawam, MA 01001.

Any and all donations will be greatly appreciated. As always, the Agawam Junior Women's Club thanks you for your support.



Libraries

Newly Weds To Begin 2,160-Mile Hike On Appalachian Trail

Newlyweds Ron and Cheryl Gaudreau of Agawam will be leaving on February 25th to begin their honeymoon by hiking the 2,160-mile Appalachian Trail.

They will be members of the "Class of 98," hiking northward from Springer Mt. in Georgia to Mt. Katahdin in Maine.

They recently presented a program at the Agawam Library, which included a display and explanation of their equipment and food, reason for their hike, and a list of "mail drops" where they will be receiving re-supply packages containing food and gear.

The library will be tracking their progress using the Internet and marking the miles on a poster of the AT. The Gaudreaus will be presenting another program at the library when they return from Maine.



TWO YEAR-OLD BRIANNA RETZLER

Brianna Retzler Competes In Valentine Baby USA Pageant

Brianna Retzler, age 2, the daughter of Jim and Bridgette Retzler from Agawam, has competed in the annual Valentine **BABY USA** pageant held on Sunday, February 8th at the Logan Airport Ramada Inn, East Boston.

She was accompanied by her grandparents, James and Ursula Retzler, and sponsored by Jeff Retzler, her uncle, and maternal grandparents Gary and Mary McGee of Ft. Lauderdale, Florida.

Contestants, ages newborn through four years, were required to 'model' on stage for assessment of their personality projection and their overall appearance. The contestants were also judged on their photogenicity and were required to submit a photo of their choice.

Brianna was the winner of the two- to three-year age division and won prizes consisting of two trophies, two sashes, and a picture frame, along with a **BABY USA** bib and key chain for most photogenic, overall stage appearance, and prettiest eyes. She will advance into the national competition held this July in Framingham.

At this final level of competition, the children will again perform and be evaluated by modeling agencies from Boston and New York City who will select local talented children for upcoming print and TV assignments.

Agawam Lioness Slate Next Meeting For Monday, March 2

The March meeting of the Agawam Lioness Club will be held on Monday, March 2nd, at Partner's Restaurant.

Social Hour will be at 6:30 p.m. with dinner at 7:00. Choices for dinner include roast loin of pork or chicken cordon bleu. Deadline for reservations is Wednesday, Feb. 25th.

Speaker for the evening will be Dr. John J. Papale, ophthalmologist. He will speak on diseases of the eye. Guests are welcome to attend.

If you would like to make a reservation, please call Bernice Burton at 786-2947.

Service Is Our Business!

Service Department

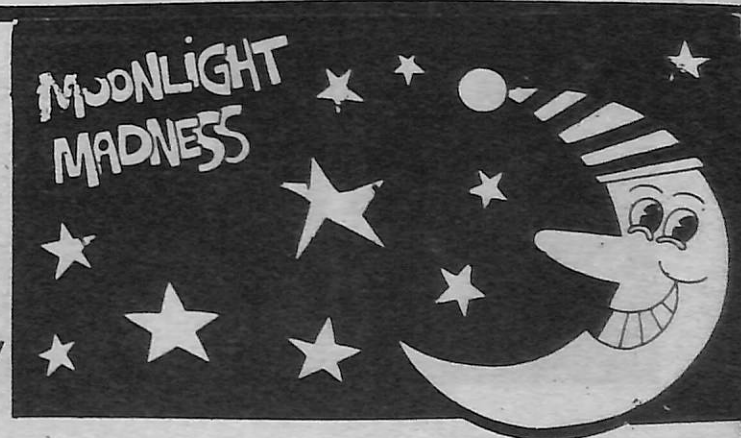
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7:00 A.M. - Midnight
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Agawam





Agawam Lions Club



Who are the Agawam Lions?

The Agawam Lions Club consists of a group of civic minded individuals that donate their time for the betterment of the less fortunate. These people are your friends and neighbors that either live and/or work in the City of Agawam.

What do the Lions do?

The Lions of the world were charged by Helen Keller to be knights of the blind. Our support of different organizations performing research and developing new and innovative procedures to alleviate blindness is well documented. Our support of the communities in which we live is just as important and vigorous, but less known. Many of the projects that we run are specifically designed to generate funds that we donate to many different types of groups and individuals needing assistance within our own community.

What are the responsibilities of membership?

As a member of the Agawam Lions Club you would be required to attend regular meetings, fundraising projects, serve on committees, and participate in all club functions. You may also be asked to be a member of the board of directors or an officer of the club. Your involvement in our organization is to a large extent your choice, but never to be less than our minimum requirements.

How do I become a Member?

You must be invited to become a member of the Agawam Lions Club. Our intent with this advertisement is to ask you to become a member. An existing member will sponsor you and you will be the responsibility of that member until we feel that you are comfortable with our organization. Please feel free to fill out an application at this time or take one with you and submit it at your leisure. We need to have your participation to carry on our work.

Some Accomplishments:

- Over \$300,000 donated to Massachusetts Lions Eye research. (More than any other club in the State).
- Purchased Ice Rescue Sled for the Agawam Fire Department.
- Purchased land to enlarge Phelps School athletic field and support Agawam athletic programs.
- Our club contributed to the building of the Agawam Y.M.C.A. Pool.
- Purchased all new sight and hearing equipment for the Agawam School System.
- Established the original Anne Sullivan Memorial (Helen Keller's teacher) in Feeding Hills Center.
- We have purchased equipment and furnishings for the Agawam Senior Center.
- Contribute to Lions District 33Y Sight and Hearing Fund
- We support Scouting activities (both boys' and girls') within the town.
- We donate \$6,000 in scholarships per year to Agawam High School seniors.
- Donate food and financial assistance to the Agawam/West Springfield Open Pantry.
- We donate time, manpower, and money to many other local organizations, clubs, and associations too numerous to mention.

We are asking you to consider membership in an organization that has a track record in our community. An organization that has a positive effect on people's lives. An organization that supports everything that we as Lions hold dear. If you are interested in membership in our organization, please contact:

Dennis Librera - 786-2622
Ron Wieners - 786-6633
Dick Bassett - 786-2430

Membership

Church News

News And Notes From F.H. Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Worship hour begins at 10:00 a.m. and will include a special dedication of new pew Bibles given by members and friends of this church in memory of loved ones.

The lectionary readings for February 22nd, the last Sunday after Epiphany, will be Exodus 34:29-35, Psalm 99, 2 Corinthians 3:12-4:2, and Luke 9:28-43.

Rev. Donaldson's sermon title is "Letting Our Light Shine." The Lector will be Matt Granger.

Children should attend worship with their parents, leaving at a designated time for Sunday School; nursery care will be provided for the very young.

Our second Quilting Social will be held here on Saturday, February 21st, from 1:00 to 4:00 p.m.

Come and see what has been done on all the projects since last month's gathering.

The Board of Christian Education has been very busy lately. Teachers are in place for the next sessions of Sunday School. The penny collection is continuing, as well as stewardship education for the Sunday School children.

There will be Movie Night here on Friday, February 27th, for all church members and their friends. Plans are underway to attend a Springfield Falcons hockey game on March 20th.

Easter baskets will be put together by the children for delivery to our elderly friends. A tag sale/car wash is being planned for May; proceeds will offset the cost of a trip to Salem, MA, planned for June.

This is a very active place to bring your children!

The Ladies Benevolent Society will sponsor Blanket Sunday this Sunday, February 22nd. Blankets in good condition will be accepted, as well as monetary contributions.

Church World Service will distribute the blankets where they are needed.

Please note that the office will be moved temporarily while we renovate. Please leave items for the office in the black mailbox by the stairs to the Sunday School rooms.

An Ash Wednesday Service will begin at this church next Wednesday, February 25th, at 6:30 p.m.

This service, taken from the UCC Book of Worship, will include ashes as a sign of repentance for the sins which made Christ to suffer.

On the calendar:

Saturday, February 21st: 1:00 p.m., Quilting Social.

Sunday, February 22nd: Sunday, 10:00 a.m., Bible Dedication Service; Junior Choir practice after church; 2:00 p.m., Pinewood Derby.

Monday, February 23rd: 4:00 to 5:30 p.m., Girl Scouts; 6:30 to 7:30 p.m., Cub Scouts.

Tuesday, February 24th: 7:00 p.m., A.A.

Wednesday, February 25th: 6:30 p.m., Ash Wednesday Service; 7:00 p.m., Choir.

Thursday, February 26th: 7:00 p.m., A.A.

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This Week's Events At First Baptist Church

Pastor Richard Barnes will speak on "Love That Makes A Difference" at this Sunday morning's worship service at 9:30 a.m.

He will use as scriptural reference 2 Corinthians 5:11-21. Mark McLaughlin will lead the congregation in the responsive reading.

Greeters for the morning will be Leslie and Claire Crouss. The morning message will be the fourth in a series of sermons on "Love."

A social hour following worship will precede church school classes for all ages.

The Board of Deacons will hold their regular monthly meeting at 7:00 p.m. in Lockhart Parlor.

The Caring Connection will meet on Tuesday, February 24th, in Davis Hall. Members are encouraged to attend. The discussion for the meeting will be Divorce Recovery.

Also on our calendar this week:

Monday, Feb. 23rd: 7:30 p.m., Word Search - Bible Study

Tuesday, Feb. 24th: 10:00 a.m. - Searchlighters Bible Study; 1:15 p.m., EZ Does It Aerobics Class; 4:30 p.m., Loaves & Fishes (meals for the homeless); 7:00 p.m., Junior Youth Group; 7:00 p.m., Caring Connection

Wednesday, Feb. 25th: ASH WEDNESDAY - LENT BEGINS; 7:15 a.m., Mid-Week Prayer Time; 10:00 a.m.-6:00 p.m., Trading Post Open

Thursday, Feb. 26th: 1:15 p.m., EZ Does It Aerobics Class; 7:30 p.m., Choir Rehearsal

The semi-annual Sale Day will be held at the Trading Post consignment shop on Wednesday, February 25th from 10:00 a.m.-6:00 p.m. Stop in for some great bargains and help the church at the same time!

Our classified pages bring FAST, FAST results.

St. John's Church Activities & Events

St. John's OVER-60 Group's next trip will be on April 2nd. Destination: Liberty/Ellis Islands via the ferry.

The cost is \$32, with no meals included. The bus will leave at 7:00 a.m. and return by 8:00 p.m. If interested, call Lil at 786-9586 or Barbara at 786-7037.

LENTEN FAITH SHARING GROUPS

In response to a need for faith sharing and personal experience of God in our everyday lives, we will be forming some groups during the six weeks of Lent.

We will focus on the Sunday Readings. This will take place after the 7:00 p.m. Thursday evening Lenten Mass at St. John's.

All are welcome. Call Sr. Frances White at 786-4499.

Pot Rosat Dinner At Ag. Congregational On February 21st

The Agawam Congregational Church will be holding a Yankee Pot Roast Dinner on Saturday, February 21st, at 5:30 p.m.

The dinner includes salad, Yankee pot roast, mashed potatoes, vegetables, rolls and butter, dessert, and beverage.

The cost is \$7 for adults and \$4 for children.

The dinner will be held at the church located at 745 Main Street. Reservations are recommended; a few walk-ins will be accepted. Reservations can be made by calling the church office at 786-7111 or Jerry Hamel at 786-2908 before noon on Friday, Feb. 20th.

To receive notice of all our dinners by mail, call (413) 786-2908 and leave your name, address, and phone number.

Best local news...

AMERICAN ★★ CLASSICS ★★ Restaurant & Takeout

IT'S FRIDAY NIGHT

Dinner Served 4 p.m. to 8 p.m.
Extra Plate Charge \$1.00

16 oz. Porterhouse steak	\$9.95
Baked stuffed shrimp	\$9.95
Baked stuffed scrod	\$8.95
Veal parmesan	\$9.95
Chicken parmesan	\$8.95
Baked stuffed shells parmesan	\$8.95
Poached salmon	\$8.95
(served with soup or salad and choice of french fries, mashed potatoes, or vegetable)	
Fried scallops	\$9.95
Fried shrimp	\$9.95
Fish and chips	\$7.95
(served with soup or salad, cole slaw, and french fries)	
Ziti and meatballs	\$7.95
Veal cacciatore over spaghetti	\$8.95
Mussels over linguini	\$7.95
(served with soup or salad and roll)	
Caesar salad	\$3.95
Grilled chicken Caesar salad	\$5.95
Grilled chicken on a water roll with lettuce and tomato	\$5.95
(served with french fries)	

JUST FOR KIDS (under 12 years old)
Grilled cheese with tomato and french fries\$3.95
Hot dog and french fries\$2.50

BEVERAGES

Fountain drinks	reg. 80¢ / lg. 95¢
Coffee	90¢
Tea	75¢
Herbal tea	85¢
Milk	reg. 85¢ / lg. \$1.05
Chocolate milk	reg. 95¢ / lg. \$1.15

APPETIZERS

Cheese bread	\$3.95
Buffalo wings	\$3.95
Cheese sticks	\$3.95
Poppers	\$3.95

740 Springfield Street, Feeding Hills
789-2203

Church News - continued...

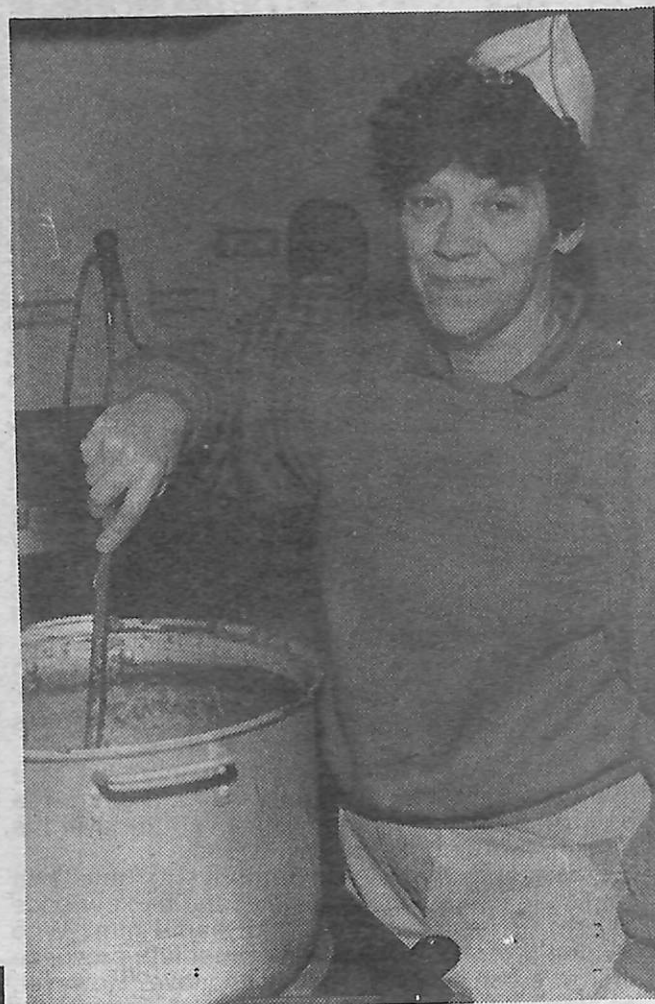
Spaghetti Supper At St. David's Church



SOME OF THE KITCHEN HELPERS at the recent Spaghetti Supper at St. David's Church included, from left - Dot Morin, Pat Agouab, Jim Lemarier, and Ken Barrepski. Advertiser News photo by Jack Devine.



THE MCLANE KIDS (Erin, Ryan, and Stephanie) are about to enjoy their spaghetti suppers at St. David's Church in Feeding Hills. Advertiser News photo by Jack Devine.



CHRISTINE HANNA was one of the chief chefs at the recent St. David's Church Spaghetti Supper. Advertiser News photo by Jack Devine.

Ash Wednesday Service At Valley Community

Valley Community Church warmly invites all in our community to attend the Ash Wednesday Service on Wednesday, Feb. 25th.

This special service begins at 7:00 p.m. and is sure to have an impact on your personal spiritual preparation for the Easter season.

Valley Community Church is an inter-denominational church, filled with people of various religious backgrounds, but who all have the same conviction that Jesus Christ is their personal Savior.

For more information about the church, please call the office at 786-2445, Monday through Thursday, from 9:00 a.m. until 12:00 noon. The church is located "high on a hilltop" at 152 South Westfield St.

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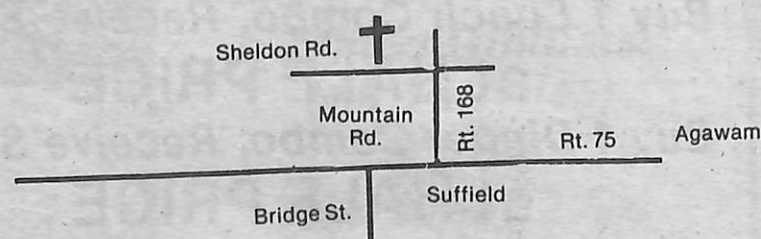
Patricia Pryor



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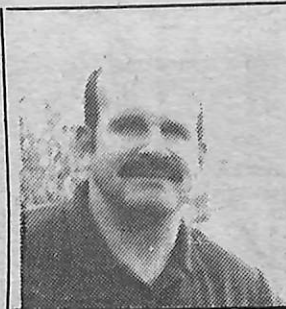


Reverend Peter Monahan
(860) 668-4444 Or (413) 786-8735

Church News - continued...

Reflections...

submitted by
Rev. Peter Monahan
 Pastor of the Church
 of the Apostles,
 Suffield, CT
 (860) 668-4444 or
 (413) 796-8735



God "Empowers" Us To Serve Others

Some people are so "heavenly minded" that they are no earthly good. History is littered with them. They appear in virtually all forms of religion. Christianity has had its full share of them, from monks in the desert to present-day mystics who remove themselves from society.

The Bible suggests that God is not nearly as impressed with such people as they are apparently impressed with themselves. Real spiritual people of God have powerful and intense relationships with God, but that relationship spills over or out of the individual person to those around him or her.

Moses is an excellent example of a person who had an intense, personal relationship with God. Of all the people of the Old Testament era, Moses ranks among those who live closest to God. Moses was so intimate with God that his face literally shone with the glory of God. It got to the point that Moses had to wear a veil to cover his face after his encounters with God.

Moses may have been tempted to remain in God's presence, enjoying his ecstatic experience of Him. If he was, who could blame him? Who wouldn't want to abide in the immediate presence of the Person of perfect power and love? However, he didn't indulge himself that way. Moses was inspired by God's love and power to serve the people of Israel.

There is an example in the New Testament of someone wanting to stay put in the glorious presence of God rather than serving God among the people.

Jesus took with Him Peter and John and James up on the mountain to pray. And while He was praying, the appearance of His face changed, and His clothes became dazzling white.

Suddenly they saw two men, Moses and Elijah, talking to Him. They appeared in glory and were speaking of his departure, which He was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw His glory and the two men who stood with Him.

Just as they were leaving Him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for You, one for Moses, and one for Elijah," now knowing what he said.

We really can't blame Peter for wanting to remain on the Mount of Transfiguration, as it has come to be called. Chances are, we would want to do the same thing. After all, the choice Peter perceived was the mountain of glory compared to the valley of sin and despair.

However, Jesus did not go along with Peter's idea. For God so loved the world that He gave His one and only Son, not to hibernate in a religious retreat but to pour out His life and love on people.

The Bible tells us that to the extent any of us is given grace by God to experience His power and the intimacy of His presence, such benefits should overflow to those around us.

God doesn't pour out His Spirit on people only for their own pleasure. God pours out His Holy Spirit on His people to empower His servants to serve others, in His name.

*All the local news
 with us, each week*

Faith Bible Church Experiences Growth & New Membership

Faith Bible Church, a non-denominational, Bible-believing church located at 370 Shoemaker Lane in Agawam, is "on the move" for God.

Over the past few months, Faith Bible Church has more than tripled its attendance, and by month's end will have doubled its membership. There are plans underway to expand the church's building by increasing the size of the sanctuary, adding classrooms, and a kitchen.

The growth of Faith Bible Church has been steady and caused by "people bringing in their needs and finding a provision with our church to respond to it," according to Faith Bible's newly-installed pastor, James R. Jasmin. "It's not the numbers we focus on," he adds, "it's the quality of body life that we implement."

Pastor Jasmin knows this from first-hand experience. As a missionary to Ghana, Africa, he selflessly labored with his family in jungle villages. He recalls having walked for many hours to help meet the spiritual and physical needs of tribal members.

Pastor Jasmin claims, "True ministry involves a genuine brokenness for those without Christ. A commitment made in comfortable surroundings can wane when you are greatly inconvenienced. A genuine brokenness will be used by God."

Pastor Jasmin, a graduate of Bethany Bible College and Seminary, offers a unique delivery from the pulpit. A church member also mentions, "His messages are only a small part of his ministry, but they're based on the weight of God's word, practical, and influenced with his zeal and own brand of humor."

This ministry Pastor Jasmin refers to is shared with his wife, Susan, who heads the Faith Bible Church "worship team." Sue is a very capable pianist/organist who brings years of music ministry leadership to Faith Bible.

It is clear that the worship aspect of the service complements the other areas. Pastor Jasmin and Sue's two teenage daughters are frequent singers during times of church worship, blending praise and worship songs with traditional hymns.

The vision of Faith Bible Church is to:

- have a willing desire to glorify God;
- produce equipped, effective saints;
- evangelize the lost both locally and abroad;
- enhance Biblical qualities within the family;

and... have a willingness to disciple and be disciplined within the family of God.

This vision is certainly lived out by this involvement with each other and the surrounding community. As Faith Bible Church grows, it will reach more areas of need both locally and abroad.

Faith Bible Church holds services on Sunday morning beginning at 10:00 a.m., and on Wednesday evening at 7:00 p.m. New faces are always welcome.

Valley Community Church News & Notes

Valley Community Church welcomes all in our community to attend our Worship Service on Sunday, February 22nd at 9:30 a.m.

Pastor Steve Dennehy will share a message taken from the Gospel of Luke 9:28-36. He will explain how salvation is God's gift to us, and how discipleship is our gift to God.

We invite everyone to come and prepare their hearts for the upcoming Lenten season.

At 10:00 a.m., the children will leave the Sanctuary for Children's Church in Dunn Hall. Coffee and Fellowship begins at 10:30 a.m., also in Dunn Hall. Church School begins at 11:00 a.m., with classes for all ages. Nursery care is provided

Weekly Calendar Through Feb. 25th At Ag. Congregational

This Sunday, February 22nd, is the last Sunday after Epiphany. Worship continues at 10:30 a.m. at Agawam Congregational Church, 745 Main Street, Agawam.

The Sermon given by Rev. Fuller will be "A Transformer," taken from Text: 1 Corinthians 3:18. The Children's Message will be "Changes."

This Sunday, the Adult Choir will present special jazz music for their Anthems. There will be a Jazz Ensemble joining the Minister of Music, Ellen Cogen, to add to the special jazz music.

The Adult Education Class meets each Sunday at 9:00 a.m. in the Friendship Room. This week's class will be led by Dan Pender, Christian Education/Youth Director.

The theme for this Sunday will be "Reflecting the Light." All are welcome to attend.

The Open Pantry item for this Sunday is baked beans.

Items collected will be donated to the Agawam/West Springfield Open Pantry.

On February 20th, the Jr. & Sr. High Youth Groups are planning a Cross Country Ski Trip to Northfield Mountain Ski Center. Rental and instruction will be provided at the Ski Center. There will be pizza and music back at the United Church in Bernardston following the ski trip.

All this for only \$12. Bring a friend and join the fun!

The Catering Committee is planning a Yankee Pot Roast Dinner on Saturday, February 21st, at 5:30 p.m. Mark your calendars today!

The "Growing In God's Spirit" Capital Campaign continues. The next event will be on Sunday, February 22nd — a Report and Celebration Pot Luck Supper at 5:30 p.m. in Fellowship Hall.

An Ash Wednesday Service will be held on February 25th at 7:00 p.m. Join us for this special service to begin the Lenten journey.

A joint Lenten Series with the First Baptist Church of Agawam will begin on Sunday, March 15th, at 7:00 p.m.

The first two sessions will be held at the Agawam Congregational Church, with the final two held at the First Baptist Church of Agawam.

For more information concerning the series, call the church office.

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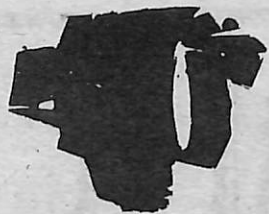
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Spotlight On Business

New Look For Agawam's Westfield Bank



WESTFIELD BANK IN AGAWAM CENTER grew by several hundred feet and added a third drive-up during the bank's 30th anniversary year. On Monday, February 9th, the bank began a week-long celebration to celebrate the end of the expansion and renovation project. IN PHOTO LEFT, Assistant Manager Cindy Bajek greets customer Dori-Ann LaFleur-Sheltra and Alexander Sheltra; IN PHOTO RIGHT, staff member Sheryl Fleming presents customer Donna Bodurtha with a rose. RELATED STORY ON NEXT PAGE. Advertiser News photos by Jack Devine.



WESTFIELD BANK PRESIDENT Donald A. Williams and Agawam branch Manager Donna Kennedy look over the bank's new drive-up set-up on February 9th. Advertiser News photo by Jack Devine.

Best local news...

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Spotlight On Business - continued...

Westfield Bank Has Brand New Look At Agawam Branch

The familiar, Colonial-style office of Westfield Bank has grown by several hundred square feet and added a third drive-up, but to look at the building on Main Street, North Agawam, one would hardly know anything had changed.

"Maintaining the integrity of the original design and brick construction was extremely important to all of us," commented Westfield Bank President, Donald A. Williams, as the Bank officially launched its new look on Monday, February 9th.

"The Agawam office is one of our busiest locations," he added. "Along with our expansion, we're also celebrating our 30th anniversary in town. We're proud of the role we have played in the local economy and we appreciate the loyalty of all of our friends and patrons here in Agawam."

To show the appreciation of the Bank and its staff, headed by Donna Kennedy as manager, long-stemmed red roses were given to patrons throughout the week of February 9th, with youngsters receiving chocolate heart-shaped lollipops. Patrons were also invited to register for drawings of a big screen 27" television set and a four-head VCR unit.

In conjunction with the addition to the bank, the interior was completely redecorated. The open house promotion concluded on February 14th.

Pioneer Group Slates Homebuying Seminar On Sat., March 14

The offices of **THE PIONEER GROUP** is sponsoring a free public service workshop entitled "Buying a Home ... What the Banks Don't Tell You."

It will be held Saturday morning, March 14th, between the hours of 10:00 and 11:30 a.m. at the West Springfield Professional Center, 1111 Elm Street, Suite 21, in West Springfield.

Topics to be discussed include the various government federal loan programs that are currently available to first-time and move-up home buyers; understanding points and closing costs, and how to minimize these fees; understanding seller contributions; the difference between a bank and a mortgage company, and which one offers the better value; and much more.

The information contained in this 90-minute seminar may save today's first-time and move-up buyers thousands of dollars.

Speakers at the workshop include Donald Thompson, a Principal of **THE PIONEER GROUP**, and Raymond Rose, a retired mortgage banker.

The workshop is free of charge and reservations are suggested. Their last seminar was filled to capacity. For more information, please listen to the recorded info message at 846-0981, and for reservations, please dial 731-6800.

Those that attend the workshop will receive a free copy of their credit report along with an application for a free mortgage pre-approval.

check our classified



CAROL SLATER

Carol Slater Joins Landmark's Office In Feeding Hills

Landmark welcomes Carol Slater to their Feeding Hills office. She is a native of Springfield and has been a resident of Feeding Hills for seven years.

She lives with her husband and has two grown sons. Carol loves gardening, boating, motorcycling, and traveling.

She's one of those special people who volunteers her time at the MSPCA; a great animal lover.

Carol has many years of professional experience. She's a great person and a great problem-solver.

Feeding Hills is one of Landmark's five offices.

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ADVERTISER NEWS

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Tuesday
at 12:00
noon...
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Townsend Insurance Merges With The Patricia Pryor Agency

Norman Townsend of Townsend Insurance at 1325 Springfield Street, Feeding Hills, released the following press statement:

"I am pleased to announce the merger of the Townsend Insurance Agency with the Patricia Pryor Insurance Agency effective February 16, 1998. Our new name will be **The Townsend - Pryor Insurance Agency**.

"Pat has been in the insurance business for over 25 years and had been a Nationwide agent for 15 years of her career. She currently has locations at 125 North Main St., Belchertown and 424 North Main St., East Longmeadow.

"Pat has extensive background in commercial business insurance, life insurance, retirement planning, home, automobile, and disability coverage.

"Along with Pat, Jeff Pryor will be joining our Feeding Hills location. He had previously been managing the Belchertown location. Jeff has been an associate of Pat's agency since 1995 and will be a new full-time staff member with Madeline Dilizia, who will remain in the agency. Madeline has been with the agency for the last 15 years.

"We appreciate your business and know you will welcome Pat and Jeff Pryor to our Feeding Hills location," said Townsend. "Please stop by to meet our new staff additions. Office hours will continue Monday through Friday, 9:00 a.m.-5:00 p.m. Saturday and evening appointments are available.

"Remember, now that it is tax time, don't forget your IRA's and pension plans. If you don't have retirement funding set up yet, please give us a call today for more information," he concluded.

Joanna Dodd Joins Landry, Lyons & Whyte

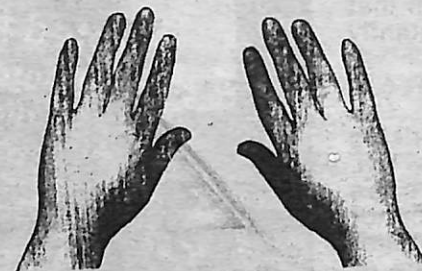
Laurence D. Landry of **LANDRY, LYONS & WHYTE Co./Better Homes and Gardens** is pleased to announce that Joanna Dodd has joined the firm's Feeding Hills Office as a Sales Associate.

She is a graduate of Westfield State College with a Bachelor of Science in Education. "We are pleased that Joanna has chosen **LANDRY, LYONS & WHYTE Company** to continue her career in real estate," said Landry.

LANDRY, LYONS & WHYTE Co./Better Homes and Gardens is the largest real estate firm in the Pioneer Valley and has over 200 salespeople and 11 offices with locations in East Longmeadow, Springfield, Sixteen Acres, Palmer, Chicopee, Feeding Hills, South Hadley, Longmeadow, West Springfield, Westfield, and Wilbraham.

For further information, please contact Laurence D. Landry at (413) 782-6000.

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Spotlight On Business - continued...



BOB JOHNSON

Bob Johnson Joins Keenan & Molta's Real Estate Team

Bob Johnson, the long-time radio sportscaster and former sports editor of *The AAN*, has recently become a licensed real estate professional.

He is employed in the Agawam office of Coldwell Banker Keenan & Molta Real Estate at 770 Main Street.

Johnson, a veteran of the United States Navy, Army and Air National Guard, received college degrees in Business and Media Communications in the early 1980's. He was an award winning sportscaster in the Framingham/Boston area for years prior to accepting the position of Sports Director at WHYN Radio in Springfield in 1985.

Bob spent much of the next decade broadcasting and writing sports in Western Massachusetts. Agawam residents will remember him best as the flamboyant Sports Editor of this newspaper from 1988-1994.

"With the housing market so exciting these days, coupled with the low interest rates being offered by area banks and mortgage companies, my instincts told me that this was a great time to pursue a career that has fascinated me since I was very young," Johnson said.

"An opportunity to link my energy and enthusiasm with a powerful marketing force like Coldwell Banker made it an easy decision for me. Real estate is simply bringing buyers and sellers together for the good of both parties. If a seller has a property visibly marketed at a fair and legitimate price, then qualified buyers will be located and it will result in a win-win situation."

Johnson, 41, has purchased and sold residential and commercial property throughout his career. He understands that the real estate field is dynamic and ever-changing. "Western Massachusetts is a beautiful place to live and work and raise a family.

"There is much more excitement on the horizon and my vision is to participate in that growth by constantly educating myself on the marketplace—knowing who the players are and striking when the iron is hot. There has perhaps never been a better time to buy your first piece of real estate or to move up to the proverbial dream house."

Johnson intends to spread his focus between residential and commercial property along with emphasis on land development.

Bob Johnson can be reached at the Coldwell Banker Keenan & Molta branch office in Agawam at 789-9890 or at home (786-3735).

Best local news...

Pam Savioli

Landry, Lyons & Whyte Co./Better Homes & Gardens



Financing Options

If you're planning to purchase a home, check out financing options. The number and variety of financing options may seem overwhelming at first, but most fit in one of these categories:

- Adjustable-rate mortgage (ARM). A loan with an interest rate that fluctuates according to the movements of a predetermined index.
- Conventional mortgages are labeled as such to differentiate them from government-backed loans such as FHA or VA loans.
- Farmers Home Administration (FmHA). These government loans are available to persons of moderate to very low income in rural or non-metropolitan areas.
- FHA-insured loan. Insured by the Federal Housing Authority, these loans will insure a mortgage on a new or existing single-family house for a high percent of the property value. Downpayments are low and loans are assumable.
- Fixed-rate mortgage. A loan with an interest rate and monthly payments that do not vary.
- VA-guaranteed loan. Guaranteed by the Veterans Administration, these loans are available to eligible veterans to buy, refinance, construct, or repair a home.

For more real estate financing information, call Pam Savioli at 748-7565.

E.B.'s Restaurant Slates Scavenger Hunt

E.B.'s Restaurant, 385 Walnut Street Extension, Agawam will sponsor a Scavenger Hunt on Saturday, March 28th from 11:00 a.m. to 6:00 p.m. to benefit Easter Seals.

The \$60 registration fee for a team of four includes the clue book and post party at Shaker Farms Country Club in Westfield.

Each team will receive a clue book with hints to popular area businesses and locations in the Greater Springfield area. At the awards party, prizes will be awarded for most items collected, most original team name, and best team uniforms. Along with a raffle, there will be other opportunities to win prizes.

Easter Seal programs and services include home health care; physical, speech, and occupational therapy; adaptive swim; camp; equipment loan; stroke support groups, and technology for independence.

Registration forms may be obtained at E.B.'s Restaurant, 385 Walnut Street Extension, Agawam (789-3525) or at the Easter Seal office, 1111 Elm Street, Suite 32D, West Springfield (734-6434).



VICTOR J. CARRA

Victor J. Carra Named Executive VP At Westfield Bank

Victor J. Carra of Feeding Hills has been elected executive vice president of Westfield Bank, according to President Donald A. Williams.

Carra joined Westfield Bank in 1975 as Marketing Officer. He was promoted to Assistant Vice President in 1982 and Vice President in 1983. In 1990, Mr. Carra was named Senior Vice President and in 1995, he was elected a Trustee of the Bank.

He is a graduate of Western New England College where he earned his BBA. He also holds a Master's Degree in Business Administration from the College. Carra is a member of the Westfield Rotary Club, Agawam Golf Commission, and the Agawam Chapter of UNICO.

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SUPPORT GROUPS

Stroke Support Group: Wednesdays, beginning on March 4th, and March 18th, 5:30 to 6:30 p.m. on each date. At the Bronson Rehabilitation Center Dining Room at Noble Hospital, 115 West Silver Street, Westfield, MA. Free of charge and open to individuals recovering from stroke and their support persons.

Diabetes Support Groups: Tuesday, February 24th, 1:00 p.m. Conference Room A, Noble Hospital. Free of charge and open to all suffering from diabetes and their support persons. Gregory Braden, M.D., will speak at this meeting about kidney disease and the diabetic patient.

CLASSES/COURSES

Tai Chi Classes: Eight-class series with Master Instructor Baiqing Li - February 24th, March 3rd, March 10th, March 24th, March 31st, April 7th, April 14th, April 28th, 3:30 to 4:30 p.m. Conference Room A, Noble Hospital.

Enrollment is limited to 20. A \$56 non-refundable registration fee must be prepaid with registration. Registration deadline is February 19th. You will receive confirmation or registration.

To register, send check, made payable to Noble Hospital Cardiac Rehab Department, to: Noble Hospital Cardiac Rehab Department, P.O. Box 1634, Westfield, MA 01086-1634. Please remember to wear comfortable clothing to class.

For questions, call Health Beat, (413) 568-2328.

CPR Course: Two-part course - Wednesdays, February 18th and 25th, 6:30 to 9:00 p.m. Education Department/Ground Floor, Noble Hospital.

This course provides American Heart Association Adult, Child, and Infant certification. Cost of the course is \$40.

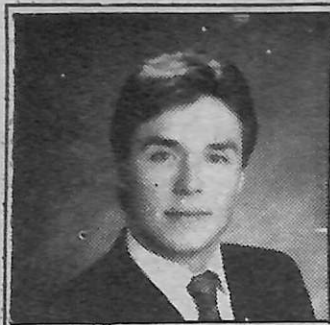
To register or obtain more information, call the Noble Hospital Education Department at (413) 568-2811, ext. 5914.

PRESENTATION

Cosmetic/Plastic Surgery: Tuesday, February 24th, 6:30 to 7:30 p.m. Conference Room A, Noble Hospital.

Gary E. Russolillo, M.D., will present a lecture about body contouring surgeries, lip enhancements, facial surgeries, and skin care procedures. The presentation will be followed by a complimentary personal consultation.

Pre-registration is required. For free registration, call Health Beat at (413) 568-2328.



Your Back And Your Health

by Dr. Joseph S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Exercise To Prevent Pain

Patients under care for lower back pain or neck pain often become concerned about the possibility of the pain returning. Among other things, it seems I'm inevitably asked about exercises that might help.

Undertaking any exercise program with the intention of improving a spine related condition should first consider some basic concerns.

How serious is the underlying problem? Recovering from an acute low back strain would suggest a certain strategy for strengthening muscles. Attempting to rehabilitate ligaments involved in a more serious sprain or a disc lesion with the same exercises might be injurious rather than helpful.

What is the age of the patient and their general physical condition? As we age, our physiology changes and so do our exercise requirements. While youthful athletes bounce back from injury to handle heavy free weights to improve explosive strength and stamina, middle-aged or

senior individuals should consider lighter weights or a supervised program at a local health club.

Whatever your age or condition, some type of exercise is advised. I once had a wise spinal anatomy instructor that used to say, "What you don't use, you lose." The truth of this statement is seen time and time again in a variety of ways in the human body.

Muscle tone is, of course, the most obvious. Without regular exercise, the muscles reduce in size and weaken. But even bone density (bone strength) begins to disappear with lack of physical exertion. I'm always pleased at the healthier appearance of the skeletal system, as visualized on x-ray, in senior citizens who remain physically active compared to those who don't or are unable. What a wonderful, natural way to combat osteoporosis. REGULAR EXERCISE! This applies to people of all ages.

When you have a spinal problem, whether the neck, mid-back, or low back is involved, it is wise to keep one thing in mind before you begin an exercise program. Spine problems often become worse with exercise! My job as a chiropractic physician is to improve spinal structure and function. Then exercise becomes beneficial rather than detrimental.

If you shy away from weights and exercise equipment, my advice is to find a place to swim and then do so on a regular basis. You can't beat this activity for overall muscle conditioning, especially those that surround and support your spine.

If symptoms arise following exercise, a chiropractic examination is advised. Call SCHLAFFER CHIROPRACTIC OFFICE, 192 Shoemaker Lane, (413) 789-1369. We care about you.

Parents-To-Be Can Prepare For Big Event

Parents-to-be can prepare themselves for the big event by taking part in childbirth education classes offered by the Family Life Center at Mercy Hospital.

A four-week class begins Saturday, Feb. 28th, 2:00-5:00 p.m. in the Women's Pavilion at Mercy Hospital, 299 Carew St.

The program prepares expectant parents for the birth of their baby, providing information on the physical and emotional aspects of pregnancy, labor, delivery, and baby care. Relaxation and breathing techniques will be explored in-depth.

Cost for the series is \$50, and advance registration is required; for more information, call (413) 748-7295.

Agawam Library Has Program About Massaging Babies

Parents, grandparents, and caregivers of infants are invited to attend an infant massage workshop, on Friday, Feb. 27th from 11:00 a.m.-12:00 noon in the community room in the library.

The program will be run by Barbara Belliveau, a massage therapist in Suffield, Connecticut.

Scientific research has shown that massaging a baby has a calming effect. Studies have proven that infant massage can improve the physical and emotional well-being of babies.

Registration is limited to infants from three weeks to crawling (no crawlers, please), and space is limited.

Please register by calling 789-1550, or visiting the library.

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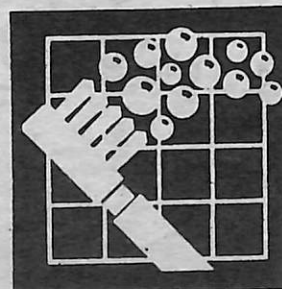
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Children's Dental Health Month

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For Your Health - continued...



Food for Thought

by Nancy Dell
Registered Dietician

Balance & Moderation — A Popular Concept Around The World

Despite differences in cuisines, dining habits and health practices, the concept of "balance and moderation" exists as a general dietary guideline throughout many cultures.

In China, the concept of "yin" and "yang" encourages the balance of foods classified as "yin" - items that are typically raw, soothing, cooked at low temperatures, white or light green in color - with those classified as "yang" - most high-calorie foods, foods cooked in high heat, spicy or red-orange in color.

Some foods, such as boiled rice, are believed to be neutral and therefore are considered staple foods. The Chinese are advised to keep a balance of these two opposing forces and avoid the extreme of both.

Aspects of the "yin-yang" diet theory are also found in many other Asian cultures. A similar system of balance focused on a "hot" and "cold" classification of foods is practiced in the Middle East and in parts of Latin America.

In Mexico and other Latin American countries, foods are characterized as "hot" and "cold," independent of their temperature or physical properties and are used therapeutically to restore the "natural balance" of the body. "Cold" foods include most vegetables, tropical fruits, and dairy products. Foods that are considered "hot" are meals, most grains, garlic, chili peppers, oils, and alcohol.

In the United States, current dietary recommendations embrace similar principles to achieve balanced nutrition. The Good Guide Pyramid is the framework that balances the types and amount of foods that contribute to a healthful eating style.

"Regardless of one's cultural background, moderation and balance are key to a healthful eating plan," said ADA president Polly Fitz, R.D. (registered dietitian). "This means balancing out a variety of food selections over the course of a few days and eating moderate amounts of many different types of foods."

Poison control is another important tool for achieving good nutrition. In addition to using the Food Guide Pyramid to figure out the types and serving sizes of food one should eat, Fitz recommends Americans use the following images as a guide to keep portion sizes in check:

- * Once ounce of meat - a match box
- * Three ounces of meat - a deck of cards or a bar of soap
- * Eight ounces of meat - a thin paperback book
- * A medium apple or orange - a tennis ball
- * A medium potato - a computer mouse
- * One cup of lettuce - four green leaves
- * A slice of bread - a cassette tape
- * An average sized bagel - a hockey puck
- * Once ounce of cheese - four dice
- * One cup of fruit - a baseball

Stroke Support Group At Mercy Hospital

Stroke survivors, their families, and friends are invited to attend the next meeting of the Stroke Support Group, sponsored by the Weldon Center for Rehabilitation at Mercy Hospital.

The free session will take place Feb. 23rd, 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St. Meetings are conducted the fourth Monday of each month, offering information and fellowship for persons living with the effects of stroke.

For more information, call group facilitator Mollie Braverman, (413) 748-6894.

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Ice Hockey Injuries

I came across an interesting article in one of my chiropractic journals the other day, "On the Ice, Reducing the Risk of Catastrophic Cervical Spinal Injuries."

As the wife of a recreational ice hockey player, I often hear the effects the day after my husband has played a game (the moans, groans, bruises, etc.). Ice hockey is one of the most physically demanding sports.

High velocity collisions between players are part of the game. This can create a high probability of injury to players. Since 1981, ice hockey has been identified as a major cause of spine injuries, especially between the ages of 11 and 20.

There is a three times greater risk of neck injuries with hockey than there is with football. The primary mechanism of injury is a push or shove from behind into the boards, striking the top of the head. One factor that has led to an increase in

neck injuries is the mandatory use of helmets and full face masks, which have led to a more aggressive style of play and have given players a sense of invulnerability to injury.

Prevention of injuries begins with education of dangerous on-ice situations and the importance of pre-season training. Neck muscle strength is important in prevention of injuries. Strength training not only builds bulk muscle power, but teaches contraction timing and proprioceptive awareness.

Because 50 percent of all serious cervical spine injuries are preceded by an episode of significant neck pain, any neck pain or injury becomes important. Players need to report neck pain to a coach, parent, trainer, or spouse. All neck injuries should be treated promptly.

Appropriate evaluation, treatment, and rehabilitation is essential to help minimize reoccurring injury. Reinjury is always a risk when the player returns to a collision sport environment like that of ice hockey.

The patient should not have any complaints of pain, numbness, or restricted motion before returning to the ice. Rehabilitation of "minor" spinal injuries is often overlooked and contributes to reinjury. If you-child or spouse is injured while playing ice hockey, get them evaluated by a chiropractor. BE SAFE - NOT SORRY!

Dr. Nelson maintains a practice at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills. She is available to answer questions on Monday and Wednesday from 1:00-2:00 p.m. at 786-4820.

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For Your Health - continued...

Borgatti Named To Easter Seals Board



EDWARD G. BORGATTI (back) of Agawam, owner of E.B.'s Restaurant of Agawam, has been named to the Easter Seal Board of Directors. Borgatti has been active in the charity for several years, including fundraising. Also in photo are Easter Seal swimmer Emily Klamkin, 12, of Longmeadow, and William M. Magrone of East Longmeadow, who was also elected to the board.

It's Still Not Too Late For Setting A Goal For Fitness In 1998

by Carmela Kirk, R.N.
Fitness First Fitness Consultant

It's two months into the new year; how are those fitness resolutions? For those of you that decided to get lean, strong, and healthy, it's a good time for a quick check-up.

Goal setting is an important place to start. It is difficult to succeed at a task if you don't have an end result in mind. You should have clear short-term and long-term goals. Be sure to review and revise them frequently.

An effective fitness program has three equally important parts. Cardiovascular work keeps the heart and lungs efficient and working properly. Resistance training keeps your body tone, increases muscle mass, and decreases body fat. Flexibility training is that relaxing stretch after you exercise that prevents injury, decreases soreness, and maintains agility.

If your goals are set and you've got all the components in place, you're on the right road. There is one more crucial factor we must remember. Are you having fun? Do you enjoy the exercise program you've decided to do? If not, change it QUICK.

Studies have clearly shown if you don't enjoy your fitness routine, you will not stick with it. What's missing? What would make it better? Be creative; the same thing over and over can get boring. Think about your personality. What motivates you?

Do you like group exercise or quiet alone time? Try a different machine at the club that you've never tried. Dress warm and go for a hike. Have your considered getting an exercise partner? Whatever it takes, find a way to look forward to your exercise time.

So, have your goals in place, have a complete program, and look forward to those very rewarding results. Remember, this is your time to take care of yourself. Cherish it and use it wisely.

Check our classified pages every week!
ADVERTISER NEWS

Managing YOUR STRESS

by Dr. Stephen Sobel
M.S., S.M.C.



The Importance To Creating & Maintaining High Self-Esteem

Why is self-esteem so important to momentum and living life to the fullest? The best answer probably is that when we feel good about ourselves, we tend to make better choices in terms of our self-care habits, our relationships, and our response to adversity. We don't get frozen in doubt, blame, and guilt.

People who have healthy levels of self-esteem are better able to roll with the punches; they more effectively deal with setbacks, differing opinions, and the ups and downs life will inevitably offer us.

Self-esteem is the ability to feel lovable (meaning self-accepting) and capable. With high self-esteem, you are able to enjoy the present day and not worry about the future or regret the past.

Can self-esteem be learned and practiced? I believe it can.

I often call this "hero's work" because it involves putting into action certain ideas and principles on an everyday basis. The choice to have high levels of self-esteem is yours, but remember, people who are on their way to creating and maintaining high levels of self-esteem know that they have a personal *Bill of Rights* which serves to act as their belief system and as the first step for making self-esteem the priority in their lives.

Here is my suggested *Bill of Rights*. You can add other items you feel will bolster your belief system.

BILL OF RIGHTS

The right to be happy.

The right to say, "No."

The right to maximum physical and mental health.

The right to be surrounded and nurtured by positive and nonjudgmental people.

The right to feel good about your accomplishments, both big and small, on an everyday basis.

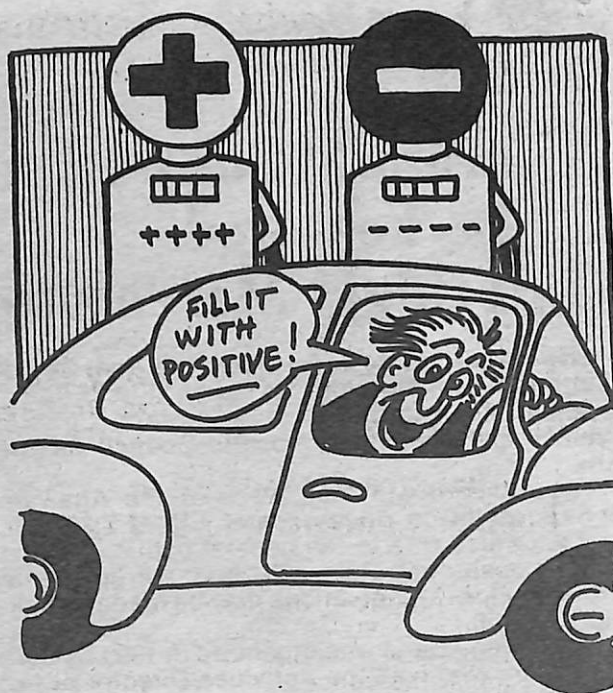
Cholesterol & Blood Screenings At Mercy Hospital On Thursday, Feb. 26th

Mercy Hospital will conduct cholesterol and blood glucose screenings Thursday, Feb. 26th, 8:00-10:00 a.m., in the Memorial House Auditorium on the hospital campus.

There is a \$10 donation for the cholesterol screening; a \$2 donation is requested for the blood glucose screening. Fasting for 12 hours

(water is allowed) prior to testing is recommended; results will be mailed to participants.

No advance registration is required. For more information, call the Patient Education Department, (413) 748-9024, weekdays between 8:00 and 9:00 a.m., or leave a message.



The right to pursue the avenues and menus of life that create wonderment, enthusiasm, and spontaneity.

The *Bill of Rights* will greatly help you take the actions and risks necessary for growth and self-acceptance. It will allow you to free yourself of the negative emotions, beliefs, and guilt factors that prohibit high self-esteem from becoming a habit.

Self-Esteem Raisers

Raising self-esteem is everyone's job. Here are 10 techniques and ideas to help you raise your self-esteem as well as that of people you care about:

1. Make it a priority to call or visit at least one very positive and nonjudgmental person a day.
2. Create and/or maintain a regular exercise program.
3. Try to listen to other people without judging them.
4. Write in a daily journal some of your feelings.
5. Focus on the positive as much as possible.
6. Use the power of gratitude every day.
7. Play like a kid again — have some fun each and every day.
8. Use hugs and smiles regularly.
9. Trust your intuition.
10. See life as a journey taken in small steps every day, not as a final destination.



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Arts

Agawam Melody Band To Be Featured On Friday, March 6th

The "Agawam Melody Band" of the Senior Center will be featured in the March "First Friday" program sponsored by the Agawam Cultural Council and the Massachusetts Council for the Arts.

The program will take place at the Agawam Senior Center on Friday, March 6th at 7:30 p.m. and is offered free to the general public. Seating will be "cabaret" style with light refreshments available. Table reservations may be made by calling 786-7356.

The Melody Band was organized in 1990 by Sandra Smith, who was the Activities Director at the Center and has performed at over 30 locations, many on a yearly basis with some getting more than one visit each year.

The performance locations have included senior centers, hospitals, rehabilitation centers, assisted living and nursing homes, as well as banquet and park facilities.

The group recently served as the pit orchestra for the World War II Concert at the High School.

Although the title "Melody Band" would suggest a strictly instrumental group, a good portion of the music performed involves a featured vocalist as well as members of the band being featured in vocal selections.

The group meets for weekly rehearsals at the Senior Center on Thursday afternoons (2:30) and performs two or three times per month in addition to that.

The repertoire includes a wide variety of tunes including popular songs and dance music with many musical styles including sing-along, dixieland, pop ballads, standards, big band hits, polkas, ethnic, show tunes, and even "fiddle jigs."

Members of the Melody Band include Arthur Brunell (leader, bass guitar, harmonica, and vocals), Evelyn O'Melia (piano), Paul Brusseau (violin, banjo, and vocals), Darcy Davis (trumpet and vocal), James Gregor (drums), James White (organ), George David (saxophone), and Luc Parchick-Cauley (vocalist).

Also appearing as guest artists on the program will be some members of the World War II Chorus, who will reprise several numbers from their recent concert.

Discussion Of "Beloved" Slated For Agawam Library

A discussion of Toni Morrison's *Beloved* will be held at the Agawam Public Library on Monday evening, March 23rd, from 7:00-8:30 p.m.

Morrison conceived of *Beloved* as the first novel in a trilogy that is completed by *Paradise*, her most recent novel.

If you interested in joining the discussion, please register by March 16th (789-1550). If you need a copy of the novel, you can order one at the library for \$7.50. Book orders must be received by Feb. 23rd.

Local Youth Theatre To Present *Pocahontas*



BRENDAN DEAN, RACHEL WISEMAN, KATIE KENNY, and NADINE MARTELLI, and REBECCA LEWIN, DIANA FORBES, KATEY GARRETT, NOAH NISENKIER, and CARLY STONE all play the forest friends of sleeping Pocahontas (SARA SAMBROOK) in STAGE'S Children's Theatre production of "The Legend Of Pocahontas," running February 19th and 20th at 7:30 p.m., and the 20th and 21st at 2:00 p.m., at the Red Door Theatre on the grounds of Valley Community Church in Feeding Hills. For ticket reservations, call 789-2026.

Agawam Cultural Council To Sponsor Bus Trip To NYC

The Agawam Cultural Council will sponsor a New York bus trip on Saturday, May 9, 1998. There are many museums and attractions for people to enjoy and plans can be made to choose attractions each person would like to see.

Five stops will be made to enable participants to easily access their interests. Stops will be made at the Metropolitan Museum, Rockefeller Center, Times Square ticket booth, 34th Street, and the South Street Seaport.

Tickets are \$18 and can be ordered from the Agawam Cultural Council, 933 River Road, Agawam, MA 01001.

Please enclose a stamped, self-addressed envelope for return of the tickets. Further information can be gotten by calling 786-1859.

Check our classified pages every week
ADVERTISER NEWS



NICK DUQUETTE as Captain John Smith is saved from the tomahawk of Chief Thundercloud (BILL KENNY) by the Indian Princess Pocahontas (SARA WISEMAN) as her friends, LAUREEN LONGHI and ANGELA VIRELLA, look on in dismay.

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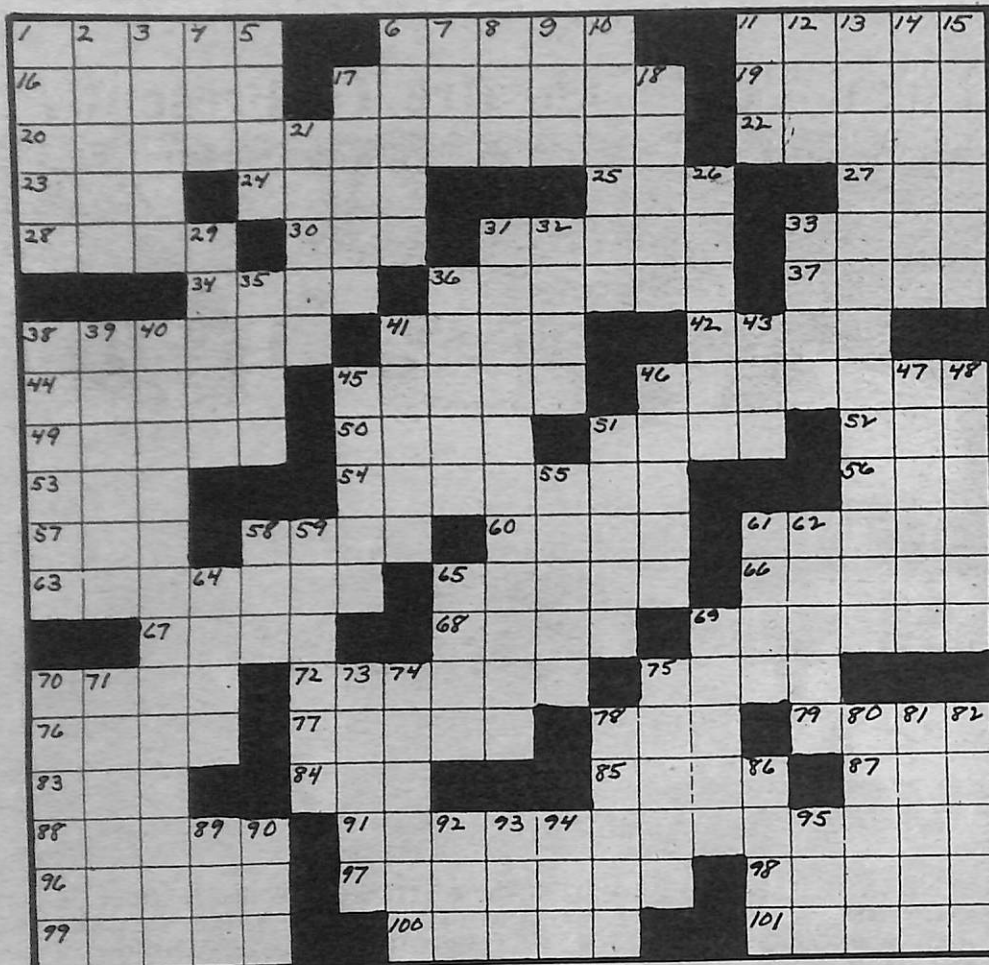
- 1 Sing-Sing living quarters
- 6 "Treasure —"
- 11 Dogs (Colloq.)
- 16 Heave to at sea
- 17 Moving around
- 19 Patriot Allen
- 20 Smetana's wife updated
- 22 Poetical weather
- 23 Cyprinoid fish
- 24 Poet Teasdale
- 25 "Numero —"
- 27 Spanish aunt
- 28 Pianist Peter
- 30 Weep
- 31 Cartoon mouse
- 33 Darn
- 34 Actress Perlman
- 36 Thick soups
- 37 "The — have it"
- 38 Like wampum
- 41 Finger adornment
- 42 Ballerina's skirt
- 44 "Forever" girl
- 45 Walking sticks
- 46 More on the mild side
- 49 Church topper
- 50 Against
- 51 Animal fat
- 52 Actor Wallach
- 53 Ascot
- 54 Cole Porter classic updated
- 56 Hebrew "t"
- 57 Hospital hotspots
- 58 Words of comprehension
- 60 Bombeck
- 61 Ill will
- 63 "Go off the —"
- 65 Actor Ryan
- 66 More aged
- 67 "— Avis"
- 68 Clutter
- 69 Loses color in the wash
- 70 Association (abbr.)
- 72 Puzzles
- 75 Slovenly one
- 76 Mets' home field
- 77 Type of acid
- 78 Letter run
- 79 O.K. Corral fighter
- 83 "Little — Echo"
- 84 "Tit for —"
- 85 Chore
- 87 Business V.I.P.
- 88 "— Gay"
- 91 Bing movie classic another way
- 96 "Cure-all" button
- 97 Cognates
- 98 "On the —" (Free)
- 99 English river
- 100 Often sprained limb
- 101 TV's "Green —"

DOWN

- 1 Rustic home
- 2 Dodge
- 3 Procrastinator's word
- 4 D-Day ship
- 5 Female saints
- 6 Popular daily
- 7 "— of the Green"
- 8 Bobby of hockey
- 9 Roman seven
- 10 Last
- 11 Santa's month

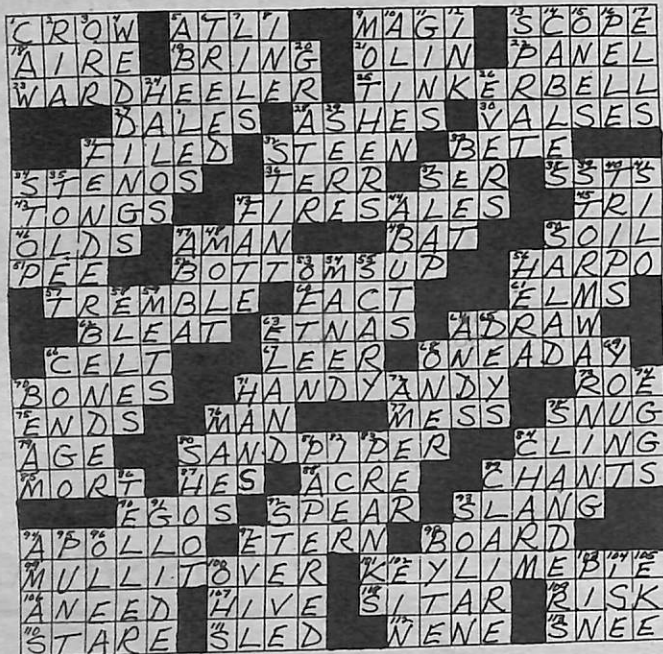
MEET THE MASTER

by Dick Mastroianni



- 12 One of the oceans
- 13 Berlin song retitled
- 14 Urchin
- 15 Sam and J.C.
- 17 "— Firma"
- 18 Type
- 21 Competed at Indy
- 26 Bi-valve
- 29 Law's partner
- 31 Song with a Spanish twist
- 32 Work units
- 33 Actor Dillon
- 35 Rollcall response
- 36 One of Columbus' ships
- 38 Sewed
- 39 Part of H.R.E.
- 40 Broadway hit with Scottish touch
- 41 "He — — ragged" (overworked)
- 43 German "and"
- 45 Like Superman
- 46 Nasser
- 47 Made joyful
- 48 Inland waterways
- 51 Nepal holymen
- 55 Attire
- 58 Superlative suffix
- 59 Jump down one's throat (2 words)
- 61 Fly alone
- 62 West Point freshman
- 64 S.A. rodent
- 65 Sign of the future
- 69 Exhibit a rosy color
- 70 State strongly
- 71 Bait fish
- 73 Nebraska metropolis
- 74 "Go — — — tack"

Last Week's Solution...



- 75 Remains
- 78 Put on a production
- 80 Thespian
- 81 Dodger shortstop of yore
- 82 Warsaw residents
- 86 Soft drink nut
- 89 Baseball's Dykstra
- 90 Lawyer (abbr.)
- 92 Swedish county
- 93 Sort
- 94 Dollar (abbr.)
- 95 Society

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LILY (VICKIE PHILLIPS) comforts her daughter, Anna (CHERYL LARIVIERE), during a difficult life or death decision in Premiere Productions presentation of "Cleaning Day."

"Cleaning Day" To Be Presented In March By Premiere Productions

"CLEANING DAY," written by local playwright Joseph Wright, will be presented at the Unitarian-Universalist Society March 6th and 7th at 7:30 p.m. The production will be followed by desserts and a panel discussion led by experts who deal with the daily problems of life, death, healing, and acceptance (and any other comments or controversy this play evokes).

Directed by Lyle Pearsons, "CLEANING DAY" features the dramatic talents of award-winning actresses Cheryl LaRiviere and Vickie Phillips, who are well-known in the Pioneer Valley area for their many leading roles.

Friendship Hall will be the setting for this controversial presentation. Reservations can be made by calling (413) 594-5833 and/or (413) 736-2324. A special discount is offered for prepaid reservations (before March 2nd).

Admission at the door is \$10 per person. Prepaid is \$8 per person. Seniors and students are \$6 at all times. A portion of all proceeds will benefit the Unitarian-Universalist Society, located at 245 Porter Lake Drive in Springfield.

"CLEANING DAY" sheds light on the subject of "elderly" living and one mother's decision to end her life, but not before she seeks help and understanding from her daughter. Past defeats, decisions, and dysfunction all come into play as they struggle to gain a deeper sense of appreciation, strength, and love before the final moments.

This play is not recommended for children under 12.

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DO THESE GUYS KNOW HOW TO PARTY, OR WHAT? Chris Daly (left) and Konrad Rogowski rehearse a scene from the Suffield Players' "THE MIDLIFE CRISIS OF DIONYSUS." For your ticket to this night of divine silliness, call 1-800-289-6148.

Suffield Players To Present Two Offbeat One-Acts

Suffield: Since the dawn of time, man has tried to answer the eternal question ... is there a god, and if so, just what does he/she do all day??

Well, Garrison Keillor and Woody Allen (with the help of the Suffield Players) have at least two possible, if not probable, answers, as the Players present the wild and unpredictable one acts: "THE MIDLIFE CRISIS OF DIONYSUS," and "GOD."

Just what is the life of a god like? What are the problems, the trials, the tribulations? Keillor's answer is framed in the ancient Greek-heaven-gone-bad of that original party animal, Dionysus, whose all-too-perfect world suddenly takes a very disturbing human turn, with very funny consequences.

For Allen, the predicament is that of two playwrights who must invoke everyone from the gods to Groucho to solve their seemingly impossible artistic dilemma!

Kelly Seip and Dale Facey direct these divine efforts, and the casts include, well, just a bunch of mortals, really (and actors, at that).

To get your ticket for this highway to heaven, call 1-800-289-6148. All shows are at historic Mapleton Hall in Suffield, with doors opening at 7:00 p.m. and curtain at 8:00 p.m. sharp.

Show dates are March 5th, 6th, 7th, 13th, 14th, 20th, and 21st, with a possible fourth weekend March 27th and 28th.

Tickets are \$8 for the first Thursday, and \$12 all other nights, with discounts for seniors and students with proper I.D. Don't miss this chance to rub elbows with the gods and those who just think they are!

Please note, they shows are intended for mature audiences only.

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Bay Path College To Present Sweet Charity



REHEARSING FOR THE BAY PATH COLLEGE Theatre Arts Department's production of *Sweet Charity* are, from left - Walt Komorowski, Amy Clark, Mike Tesini, and Susan Chorony. The musical, directed by Paul C. Norton, will be presented in Mills Theatre, Carr Hall at the college on February 27th, 28th, March 6th and 7th, with matinees on February 28th and March 7th. For tickets, call 565-5390 between 2:30 and 6:00 p.m.

Seven Week Storytime Series To Begin March 1st At Ag. Library For Preschoolers

Agawam and Feeding Hills parents and preschoolers are invited to register for a seven-week storytime series beginning the week of March 1st.

Sign up for one series per session, based on age requirements as follows:

Monday: Toddler Playgroup for children aged 18-30 months.

Tuesday: Preschool Storytime for children aged

2½-3½ years.

Wednesday: Family Storytime for children aged 3½-5, with younger siblings.

Thursday: Pre-K Storytime for children aged 3½-5; no younger siblings.

All programs run from 10:00 a.m.-12:00 noon. For more information, or to register, call the library at 789-1550.

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Education

Theater Students To Stage *Fame* At AHS

by Kathy Cassanelli
News Editor

When it came time to choose just the right play to showcase their talents, the students in Agawam High School's theater program also had to look for a play that calls for a large cast in order to accommodate the number of actors in the class.

According to student director **Ashley Corbin**, theater teacher Margo Poulin found the perfect fit for their first production of the year in *Fame*.

The play will be staged next Thursday and Friday (February 26th and 27th) in the high school auditorium. Curtain time is 7:30 p.m., and tickets will be available at the door for a \$4 donation (senior citizens, \$3).

As the production's student director and stage manager, Ashley is predicting a very entertaining evening for theater patrons as the play has something for everyone with its mix of drama, comedy, music, and dance.

An ensemble piece with meaty roles for a cast of 30 talented actors, *Fame* showcases the talents of student dancers and singers, and the character roles are a perfect match for many of the student actors, Ashley said.

While there are no starring roles in the piece, some of the featured parts include **Caitlin Weisgerber** as English teacher Mrs. Sherwood; **Tara Fleming** as acting student Doris Schwartz; **Kristen Chmielewski** as Mrs. Schwartz, a real stage mother type; **Irene Brown** as Coco, a student with many talents; **Jon Dezielle** as acting teacher Mr. Farrell; and **Jon Watson** as comedian Ralph Garcey, who wants to attend the performing arts high school because Freddie Prinz went there.

The AHS theater students were not familiar with the movie or television versions of *Fame*. And they didn't "get" the reference to Freddie Prinz, but their enthusiasm for the play grew after watching the movie and discovering that the play gives an accurate portrayal of the daily lives of high school students and their teachers.

"The characters are just like the kids in our school," Ashley said. "Some are always teasing, some are shy, and some are conceited."

AHS technology students assisted in printing the programs and in building the set. **Zac Mounemneh**, a 1997 graduate, will return as the play's sound and lighting director.

Tara Fleming served as the production's choreographer.



TEACHER MARGO POULIN (far left) and her theater students will present the play *Fame* at AHS next Thursday and Friday, February 26th and 27th. Advertiser News photo by Jack Devine.

Two "Decision Days" Have Been Scheduled At Bay Path College

Bay Path College will offer two decision days for high school students interested in attending the four-year private women's college.

On Monday and Tuesday, February 23rd and 24th, from 4:00-8:00 p.m., prospective students are invited to meet informally with admissions and financial aid representatives, tour the campus, and receive an admission decision.

"One-stop-shopping is the plan," said Dean of Enrollment Caron Hobin. Students who come in with a completed application, high school transcripts, SAT scores, and letters of recommendation will have the application fee waived and receive an admission decision before they leave.

For more information, please call the Admissions Office at 413-567-0621 or toll free at 1-800-782-7284.

Allison M. Jean Is On Fall Dean's List At UMass Lowell

Allison M. Jean of Feeding Hills has been named to the University of Massachusetts Lowell 1997 Fall semester Dean's List.

For inclusion on the Dean's List, a student must have a grade point average of at least 3.0 with no grader lower than B.

UMass Lowell, a comprehensive university with special expertise in applied science and technology, is deeply committed to educating students for lifelong success and conducting research and outreach activities that bring value to the region.

Second largest of the UMass campuses, Lowell currently offers its 13,000 undergraduate and graduate students more than 100 different degree programs in the colleges of Arts and Sciences, Education, Engineering, Fine Arts, Health Professions, and Management.

Remember, our deadline is each Tuesday at 12 noon; however, we appreciate any articles that can be brought in on Mondays...

Carrie Janik Of Agawam Is Named To Fall Semester's Dean's List At Emerson College

Carrie Janik, a broadcast journalism major who resides in Agawam, has been named to the Dean's List at Emerson College for the fall 1997 semester. She is the daughter of Doug and Ellen Janik of Agawam.

Students receiving Dean's List recognition must earn a minimum 3.45 grade point average for the semester, based on a four-point grade system.

Emerson College was founded in 1880 by Charles Wesley Emerson as a school of oratory. Today, it is the only four-year college in America solely devoted to the interdisciplinary study of

communication and the performing arts.

Emerson provides a unique curriculum disciplines, including film, television and radio, print and broadcast journalism, public relations, advertising, marketing, creative and professional writing, speech and language pathology, speech, oral interpretation, and performing arts.

Well-known graduate of Emerson include *Tonight Show* host Jay Leno, actor/comedian Steven Wright, actor/producer Henry Winkler, and producer Norman Lear.

Happy 21st Birthday Michael Dutton



Gotcha!!

Love,
Mom & Nonni

Happy 15th Birthday, Allison



Love,
Mom, Dad, & Andrea

“Students Of The Month” At Agawam Junior High



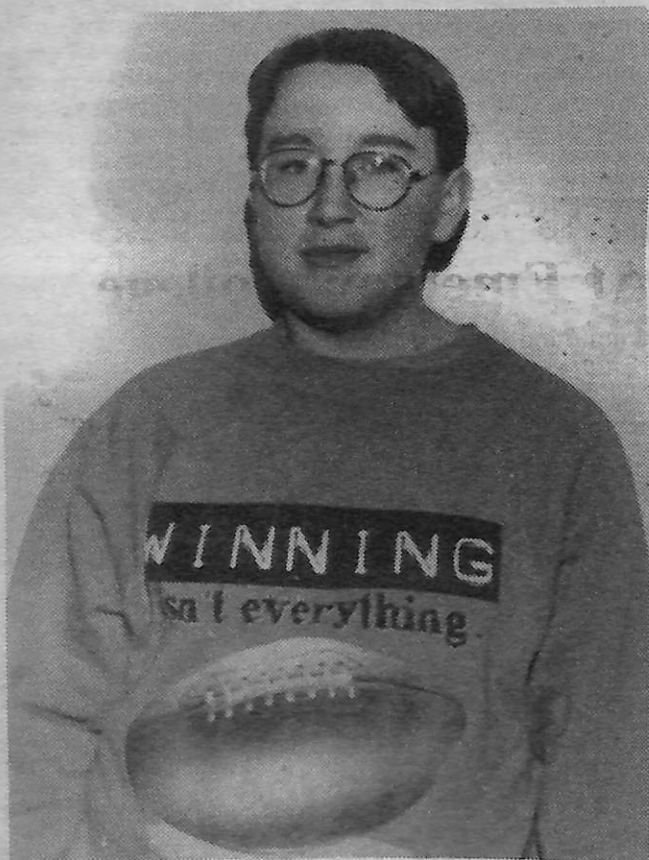
WHITNEY BROWN, “Physical Education Student of the Month.” Advertiser News photo by Jack Devine.



MATT DUPLESSIS, eighth grade “Art Student of the Month.” Advertiser News photo by Jack Devine.



STEPHANIE ROY, eighth grade “Art Student of the Month.” Advertiser News photo by Jack Devine.



DAN DREWNIAK, the seventh grade “Student of the Month” for January. Advertiser News photo by Jack Devine.

John A. Davison Is On Clarkson’s Dean’s List

John A. Davison, a junior computer science major, has been named to the Dean’s List for the fall 1997 semester at Clarkson University.

Dean’s List students must achieve a minimum 3.25 GPA and also carry at least 14 credit hours.

Clarkson University is an independent institution located in northern New York, in the foothills of the Adirondack Mountains.

The University has 2,745 graduate and undergraduate students enrolled in its schools of Business, Engineering, Liberal Arts, and Science. Clarkson is on the World Wide Web at <http://www.clarkson.edu>

Davison is the son of Anna Davison of Feeding Hills.

Parent Information Night At Clark School

In preparation for Agawam’s Kindergarten Registration, a Parent Information Night will be held on Wednesday, March 18th at 6:30 p.m. at Clark Elementary School.

Parents of all children entering kindergarten in September 1998 are invited to attend. The program will answer questions parents may have in regard to their child entering school in September.

Children who will be five (5) years of age prior to October 1, 1998 are eligible for enrollment in kindergarten in September

Best local news... AAN!!!

Agawam Schools’ Weekly Lunch Menu

Monday, February 23rd: Steamed frankfort in roll, Boston baked beans, oven potato rounds, fresh mac apple, milk.

Tuesday, February 24th: Oven baked chicken nuggets, honey & mayonnaise, seasoned diced carrots, apple crisp, milk.

Wednesday, February 25th: Grilled cheese sandwich w/pickle chips, oven potato puffs, catsup, tossed garden salad w/spinach greens & dressing, lemon pudding w/topping, milk.

Thursday, February 26th: Baked hamburger & macaroni w/tomato sauce, Italian bread & butter, seasoned broccoli cuts, milk.

Friday, February 27th: Oven baked sea nuggets, oven French fries w/catsup, seasoned carrot coins, ice cream cup, milk.

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Robinson Once Again Celebrates "Read Aloud Month"

by Kathy Cassanelli
News Editor

The longer you put off a problem, the worse it becomes; the big bad wolf was framed and Dr. Seuss once lived on Mulberry Street in Springfield.

These are just some of the things the fourth graders in Barbara Regish's class learned when Mayor Christopher C. Johnson made his annual visit during Read Aloud Month at Robinson Park School.

The program has been in place at Robinson Park School for more than a decade, but each year enthusiasm runs high for the month-long Read Aloud Program.

Robinson Park Principal William Sapelli said the program gives the children something to look forward to when they come back to school after the holiday break, as well as giving the school another way to help children develop a love of reading.

"We can't put a price on the value of reading for our students; it is the key to all learning," Sapelli said. "Hopefully, this gives us one more way for us to keep children reading."

Sponsored By Adelphi Committee

Sponsored by the school's Adelphi Committee, the Read Aloud Program seeks to foster a love of reading by encouraging a closer relationship between parents and children as they read aloud at home together. The children earn credits for the books read aloud to them at home by their parents.

Each year the school invites the community to join the fun of sharing a book with children. And each year during Read Aloud Month, parents, grandparents, and community leaders turn out in droves to share a favorite book with the children or to continue reading a chapter or two of a book being read each day by the classroom teachers.

For Mrs. Regish, the classroom visits, especially by community leaders, are an integral part of the month-long celebration of reading because they bring the children in contact with role models who demonstrate how important reading is to



MAYOR CHRISTOPHER C. JOHNSON (seated, center) recently made his annual visit to Robinson Park School to participate in "Read Aloud Month." This month-long program has been in place at Robinson for more than a decade. Advertiser News photo by Jack Devine.

their education.

After reading to the children, Johnson found the children were curious about his job, the size of his office, how he got to be mayor, and how long he can remain the mayor. The children also found out that Johnson had been a student at their school. He said he works nine to 10 hours a day, reads science fiction and mysteries for fun, and lives in a six-room house.

As for how long a mayor can stay in office, Johnson laughed, "As long as people keep electing you, which may not be as long as you want!"

Reading The Key To Success

Johnson told the students they can accomplish

anything they want in life as long as they keep reading and working hard at their schoolwork.

"Ask Mrs. Regish for a list of books so you can go the library and keep reading over the summer," Johnson said. "Remember, you don't learn by watching TV; you learn by reading."

"If there's one thing I want the children to take with them from my classroom, it's a love of reading," Mrs. Regish said. "The most intimate time of day in this room is our daily read aloud time after lunch when I read to the children. We have the most wonderful time for learning more about each other and the children just enjoy having someone read to them."

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PATRICIA WATSON

Patricia Watson Is Named To *Who's Who* For Teachers

Patricia Watson, daughter of Robert & Elaine Watson of Agawam, has been selected for *Who's Who Among America's Teachers*.

Patricia has a Master's Degree in Reading and has been teaching for 20 years at all levels of education. She is presently teaching in the English Department of Sandia Preparatory School in Albuquerque, New Mexico.

She has presented extensively for the National Middle School Association and for International Reading Association Conferences.

While teaching in Rapid City, South Dakota, Patricia was also in *Who's Who Among America's Teachers* in 1990, an honor bestowed upon less than five percent of the nation's teachers.

Local Students On Dean's List At Elms

Dr. John Freed, academic dean at Elms College, has announced that Agawam residents Carla Davids, Lisa Ferioli, and Josephine Smith and Feeding Hills resident Karen Mahoney were among students named to the Dean's List for the first semester of the 1997-1998 academic year.

The Dean's List is composed of students who have earned a quality point average of 3.50 or better.



MEMBERS OF BOY SCOUT TROOP 78 have been busy rebuilding and preparing their sleds for the Klondike Derby.

Boy Scout Troop 78 Ends 1997 And Begins 1998 With A Variety Of Activities

Boy Scout Troop 78 brought 1997 to a close by holding a family Pot Luck Court of Honor. Bob Crawford was honored for receiving his Wood Badge, which is the highest adult award.

All advancements from September 1997 to December 1997 were announced and several Merit Badges were handed out. The totals for 1997 were: 105 Merit Badges, 28 Service Stars, 32 rank advancements, and two new Eagle Scouts.

With a Christmas theme, the Court of Honor was brought to a close with a musical presentation provided by several members of the Troop.

To begin 1998, the Troop has 30 Scouts and 30 adults registered as leaders and committee

members. The boys are busy rebuilding and preparing their sleds for the Klondike Derby, which will be held in February.

A campout was held from January 23-25, 1998. Through the wet, cold weather, the boys still managed to camp one night in Adirondack shelters. It was a challenge to stay dry and maintain a fire, but a great time was had by all.

Many activities are planned for the remainder of the year. If at any time you have any questions about the Troop, meetings are held Tuesday nights from 7:00-9:00 p.m. at the Springfield Turnverein or contact Scoutmaster Ray LaBorde at 789-0097.

Area Students Earn Dean's List Standing At Assumption College In Worcester

Lauren L. Seymour of Agawam and Feeding Hills residents Andrew J. Clark and Melissa Fleming have been named to the Dean's list at Assumption College in Worcester for the Fall 1997 semester.

Seymour, daughter of Pay Seymour of 81 North St., is a member of the Class of 1999; Clark, son of Susan Clark of Witheridge St., is a member of the Class of 1998; and Fleming, daughter of Mr. & Mrs. John T. Fleming of 95 Karen Lynn Circle, is a member of the Class of 2000.

Assumption College is a Catholic, liberal arts college founded in 1904 and located in Worcester. In 1997, the College enrolled the largest freshman class in its history.

Assumption College is ranked in the top tier of Northern Colleges and Universities in the United States by *U.S. News and World Report*.

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Sports

Agawam Wrestling Team
Wins Western Mass Again...

AHS Wrestlers Reclaim Stake At Western Mass. Champs

by Dave Rollins
Sports Editor

Ludlow High School wrestling Coach Jeff Peterson, a former Agawam High basketball great, went up to AHS wrestling Coach Phil Tomkiel before the Western Mass Division I Wrestling Tournament and told Tomkiel, "You have the best team in this meet." That was a great deal to say. Tomkiel knew it. "I was honored. Ludlow has worked as hard as anyone," Tomkiel said of the Division I regular-season champs.

But the Lions and all others fell before the Brownies in the tournament. It wasn't even close. Agawam came in at 276.2 last weekend at Cathedral High School. Ludlow was second with 216.3. Defending champion West Springfield was way back at 192.

Agawam's total of 276.2 was a new scoring record. They came in at 274.5 in 1987, the year they began their incredible run of 10 straight Western Mass titles before being dethroned by West Springfield a year ago.

Agawam had six top seeds in this one. And even though they won, Tomkiel admitted sports can be a strange place. It all started in the 103's with sophomore **Dave Moore**. He pinned Central freshman Shareef Jacobs with 41 seconds to go in the first period.

He got the Golden Eagle on one of the most difficult holds in wrestling — a headlock and dump. Tomkiel observed, "Dave had been setting up Shareef for it three holds earlier. When he finally got the opportunity, it was over." Many wrestling observers in Western Mass compare Dave to Kevin McKay, the outstanding Brownie senior. "I'm not sure that's fair. They both have completely different personalities. If they do have something in common, it is their success."

The 112's proved what the coach said about athletics. **Kevin Suffriti**, the top seed, was beaten by West Side's Keith Busiere, 7-1, in the final. Suffriti had beaten him, 7-3, in the last dual meet of the regular season at West Side.

There was really no doubt in the 119's. Three-time Western Mass champion **Kevin McKay** (who, with the win, has done it in three different weight classes) had little trouble with one of the best in the area, Dino Klistas of Minnechaug Regional. Klistas beat one of the best, West Side's Dino Avgoustakis, four times this year. McKay, who doesn't pin as many people as he used to, won 9-2.

"The reason he doesn't pin as much is because he was so much stronger than anyone in his lower weight classes. Now, he wins on technique," Tomkiel observed.

Without a doubt, **Ryan Grealis**, a senior co-captain along with McKay, wrestled with the best of the Brownies. "He is awesome right now," Tomkiel said. Grealis met Putnam Vocational veteran Larry Sutton. Two years ago, Sutton pinned Grealis in the Agawam Christmas Tournament. Last year, Grealis pinned Sutton at the same tournament. It was one of two times Grealis had put Sutton's back on the mat this season.

Grealis would not be denied in the finals, either. In a gut check match, Grealis took the 11-2 decision. Sutton would not be dropped. But he had no idea what he was up against.

There was an upset in the 140's, where Agawam's **Kevin Hill** was the top seed. He got beat by West Side's second seed, Mike Frank, 7-2. In their season-ending dual meet, Hill beat Frank, 12-5. Go figure.

Agawam junior **Mark Engleman** was the second seed among the 145's. His opponent, Amherst's Kito Sharpe, had pinned him at a dual meet earlier in the year. Engleman beat Sharpe in overtime, 7-2, in a war. They went into overtime at 2-2. Engleman executed a headwheel, which is equivalent to a flying pile driver. He got five points out of it in the OT on the takedown and the three-point near fall. The judges, if a pinfall is near, will let it go. With time running out, Engleman had the near fall.

The "Happiest" Brownie???

Perhaps the happiest Brownie was junior **Adam Blair**. He won his Western Mass crown in the 152's, 6-4 in overtime. "He has a smile from one end of his face to the other," Tomkiel smiled himself. "Adam beat two kids who'd beaten him down the stretch on the way to the finals. Adam deserved this in a big way."

Agawam wasn't up again until the 215's. Then, one man who everyone had been waiting for (no matter what school they might have favored) stepped onto the mat.

Senior **Darrell Malachowski** set his laser beam eyes on Ludlow's Derek Venne. Venne might have survived a period, maybe two. But remember, back in December, Ludlow beat Agawam in a tri-meet that gave Ludlow the regular-season title and Agawam's only loss. Malachowski did not participate. If he had, there was a pretty good chance Agawam would have won and finished the season unbeaten. Malachowski was not pleased at being denied his shot at the pretenders to the throne. He shot Venne, rode him down, and pinned the Lion with 26 seconds to go in the match.

It might be worth nothing that Malachowski, ranked number one in the state, won the trophy for most pins in the shortest time in this tournament. He pinned his way through on 1:10.

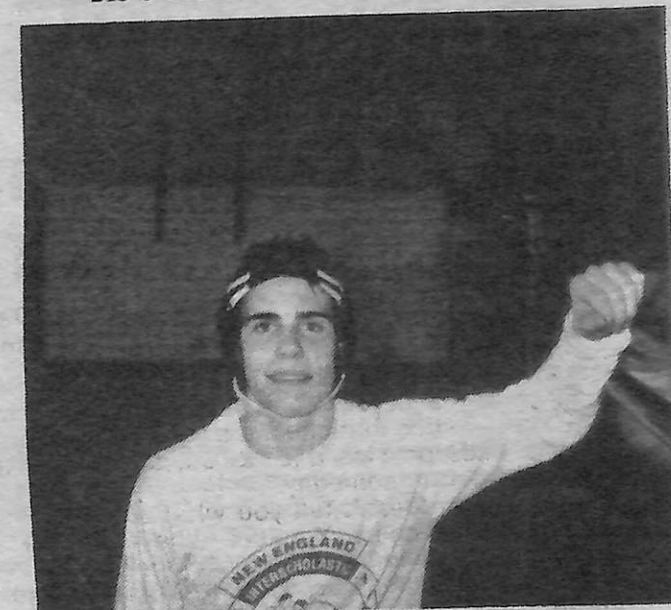
About the states, coming up in Chelmsford on February 20th and 21st, Tomkiel has this to say: "We're going to bring 12 wrestlers there. Central Catholic of Boston will have 12. We've never met them. But we've met a lot of teams who will attend." Tomkiel feels it will take between 108 and 118 points to win it.

He has McKay, his defending state champion. He has the top 215-pounder in Malachowski. Tomkiel has two state titles under his belt (1988 and 1995). He has 11 Western Mass titles out of the last 12 years.

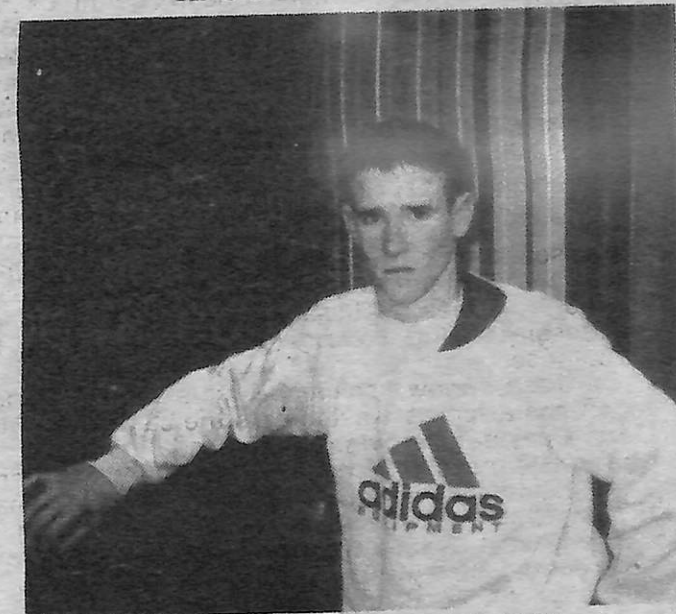
He asked Tomkiel, who was named the "Coach of the Year" again, what he could possibly do for an encore. "Start another 10-year winning streak," he smiled.



215'S CHAMP DARRELL MALACHOWSKI



119'S CHAMP KEVIN MCKAY



135'S CHAMP RYAN GREALIS

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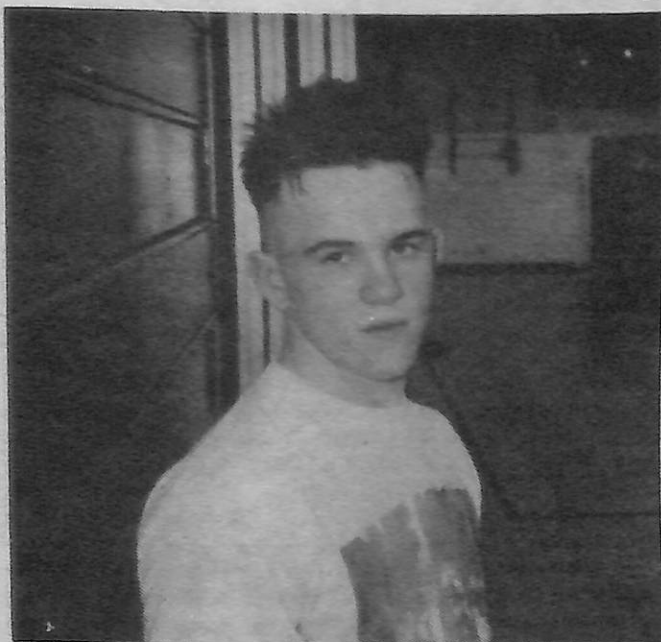
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103'S CHAMP DAVE MOORE



145'S CHAMP MARK ENGLEMAN



152'S CHAMP ADAM BLAIR

An Unsung Basketball Star At AHS...

Quietly And Efficiently, Amber Conte Gets The Job Done

by Dave Rollins
Sports Editor

Look in the Agawam High girls' basketball media guide and you'll see Amber Conte's picture. You'll notice that she's a senior, is nicknamed 'Ber, likes physics and ravioli, and wants to become a doctor someday.

However, it doesn't tell you what she does on the basketball court. You see, she's part of a highly-ranked team that has two mega-stars in Western Mass schoolgirl hoop, Kristen Patterson and Barbara Maloni.

So, unfortunately, Amber doesn't get much ink. But what she does when she puts on her basketball suit is definitely noticed by her teammates, coaches, and true fans of gritty, in-your-face determination. She averages just over five points a game. But on defense, from her guard/forward position, Amber plays blue collar basketball as the Brownies' secretary of defense.

She has started the last two years after being the first player off the bench in her sophomore season. She knows her role. With two 1,000-point scorers (Patterson and Maloni) working the ball and two trees (Melissa Cote and Pia Bertone-Gross) working the boards, Amber's trade is defense.

"Yeah, I know," she smiles, thinking of her job. "Barbara scores. Kristen gets the ball to her. But they say defense wins ballgames."

Amber says she isn't the greatest athlete there is, but much of it for her has to do with determination. "I want to deny whomever I'm guarding. I don't want anyone to score against me. My attitude is that I want to win more than they do. If they don't score, my teammates can and will, which usually means a victory."

She feels her style of play varies little whether she is on the court with Patterson, Maloni, or both of them. "Kristen is a natural leader. We look to her. She's also my best friend," Amber smiled. "You always have to be looking for Barbara. If she's open, there's a good chance points will go up on the scoreboard," she added.

Dangerous Beyond The Three-Point Stripe...

Even with the big guns, Amber will get a shot off if it comes her way. She is especially dangerous from beyond the three-point stripe. At the present time, she has 16 treys, which lead the team. Many of them have come to open Agawam's scoring. "I try to do that. A three gets us off on the right foot," she said.

Amber's dad, Lou Conte, is also her basketball coach. For some kids that might cause problems. "I love it. It's a great experience. I'd do it over again. It's special playing for him and being his daughter," she smiled.

Does he treat her any differently? "No, I get the praise along with the criticism. He knows what you are supposed to do right and what you're not supposed to do."

Agawam beat Northampton on Tuesday night in a 55-27 walkover. The Brownies' record now stands at 18-1 and 8-1 in the Valley Wheel. That one loss came at the hands of Minnechaug, 54-28, back on January 26th.

On Thursday (presstime), the Falcons (18-1, 9-0) fly to Kibbe Gym. It's a showdown everyone has been waiting for. Amber has also been waiting.

"I'm so up for the game. We'll all be ready. And it will be great playing before our home fans. They always get us going." It will also be special in another way. "This will be my last regular-season home game playing for Agawam. It will be sad in a way, but exciting, too."



AMBER CONTE

Amber plans to attend Suffolk University in Boston next year. She hopes to play both basketball and softball (her other favorite sport) there. Right now, however, she and her teammates are looking forward to the Western Mass basketball playoffs.

In softball, Amber was a first-team, All-Western Mass third baseman for AHS last spring, and will once again be a key cog for this year's team.

This gal is a winner all the way, and people who know her say that about Amber both on and off the courts or playing fields.

Lacrosse Clinics Being Offered For Both Boys And Girls

Lacrosse is the newest varsity sport at Agawam High School, and it is the fastest growing sport in the world.

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Varsity coaches Cindy Grieve and Nick St. George will conduct the clinics along with some members of the varsity teams.

The clinics will be held at the Agawam High gymnasium and are open to all students in grades five through eight. The girls' clinic will be held on March 2nd, 3rd, 4th, and 5th from 6:00 to 8:00 p.m., and the boys' clinic will be held on March 9th, 10th, 11th, and 12th from 6:00-8:00 p.m.

The cost for the week is \$20, with the money going to the lacrosse booster clubs to help defray the cost for banquets, gifts, and extras not covered in the school budget.

Registration forms may be picked up at Agawam Middle School and Agawam Junior High School. Registration will take place at the door at 5:30 p.m. on March 2nd and March 9th.

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Boys' Basketball...

Brownies Fall Once Again To Chicopee High

by Dave Rollins
Sports Editor

The last time Agawam High played Chicopee High, the Brownies got into a transition game and ended up losing to the Pacers, 67-39.

Last Friday evening, the Brownies tried to use what they had learned to ensure such a thing wouldn't happen again. It worked for most of the game before the Pacers pulled away to a 54-44 win.

Agawam had its half-court game in gear from the get-go. They had the score at eight apiece with six minutes gone off some good early work by Jason Hanscom (seven points) and Joe DiVirgilio (14 points).

It was 10-10 at the 7:38 mark because the Brownies were showing a great deal of discipline — shooting 5-10 from the field while their defense, led by 6-5 Dave Strole, Bryan O'Quinn, and Marc Pedraza, made the Pacers work for their points.

The Brownies had zoned up, forcing Chicopee to shoot from outside with 6:09 left. So far it was working. The Pacers only led by two, 12-10. Even when Mike Delude hit a three to put the Pacers up, 15-10, Agawam stayed cool with a deuce by Hanscom to close to 15-14 with three minutes left in the half.

Tim Klett hit two from underneath, got fouled, and made it to put Chicopee up, 21-17, with 1:12 to go. There were 30 seconds left when Hanscom hit one of two from the line to take it into halftime. The Pacers led, 21-18. Agawam was in striking distance.

Chicopee was up, 27-25, when DiVirgilio canned a trey to give Agawam the lead at 28-27. The Pacers, not sure what to make of the situation, began to bang down low on defense. That left the perimeter open again. DiVirgilio took advantage and drained another three (his second of the game) to put the Brownies up, 30-28.

Then, four straight points — including a crowd-pleasing slam dunk by Chris Hebert — saw the Pacers back up, 32-30. By this time, the faithful on hand were starting to wonder if the wheels were going to drop off their kids.

The Pacers were in a man-to-man defense. Agawam fired up a full-court press. They were not going to go down so easily in this one. With 5:16 gone, it was still a ballgame at 33-32, Chicopee. Even some strong board work by the Pacer front-court couldn't intimidate Agawam. They were right there, trailing only 35-34 at the 9:11 mark. A Mikey Wray lay-up gave Chicopee a 37-34 lead. DiVirgilio then went to the line and hit two.

Both Teams Were Trading Hoops...

They were trading hoops. Agawam had the Pacers off their pace. Agawam would have one more lead, 38-37, on a jumper by Strole (six points). Then the wheels did indeed come off. Chicopee scored nine straight points, including two threes by Delude with less than six minutes left. The score stood at 46-38, Pacers.

A deuce by DiVirgilio made it 46-40. But Chicopee went into a full-court trap press, and the Brownies suddenly had trouble figuring it out. Wray hit a three with 3:30 to go for a 49-40 lead. Agawam couldn't recover, falling to its 13th loss in 17 games. They are 1-6 in the Valley Wheel. Chicopee, playing for a higher seeding in the playoffs, went to 11-8, 4-3 in the wheel.

"We had it most of the way. But they picked up the pace and we couldn't stay with them," said Brownie Coach Gary Grumoli, shaking his head. He praised the play of DiVirgilio, who is up from the JV's: "Joe is becoming a good point guard. He's developing."

AGAWAM INDIVIDUAL STATS:

DIVIRGILIO — 14 pts, 5-8 fgs (75 percent) including 2 3's, 2-2 fts, 5 rebs; HANSCOM — 7 pts, 3-9 (33 percent), 1-2 fts (50 percent), 2 rebs; ALBANO — 6 pts, 1-5 fgs (20 percent), 4-4 fts, 1 reb; STROLE — 6 pts, 3-3 fgs, 2 rebs; LYMAN — 5 pts, 2-2 fgs, 1-1 fts, 1 reb; PEDRAZA — 4 pts, 2-7 (28 percent), 3 rebs; WHITE — 2 pts, 1-2 fgs, 0-2 fts.

AGAWAM TEAM STATS:

Fgs — 16-31 (51 percent) plus 2 3's, fts 10-15 (66 percent); 18 rebs, 4 off; turnovers — 14; points allowed off turnovers — 8.

CHICOPEE TEAM STATS:

Fgs — 22-32 (68 percent) including 5 3's, fts 5-8 (62 percent); rebounds — 20, 7 off; turnovers — 7; points allowed off turnovers — 2.

Agawam's final game was held Tuesday night at home against Northampton (see related story on this page).

Boys' Basketball...

Brownies Close Season With 71-50 Loss To Northampton's Blue Devils

by Dave Rollins
Sports Editor

The Agawam High boys' basketball team ended its season Tuesday night with a 71-50 loss to visiting Northampton. Agawam ends up at 4-14, 1-7. As it has been for most of the season, the Brownies got caught in an up-tempo game and couldn't put on the brakes for any length of time to make a difference.

The Blue Devil offense, led by John Gleason (21 points, 19 in the first half, including five threes), took over early on. According to Brownie Coach Gary Grumoli, Gleason is probably the best shooter in Western Mass.

The Brownies couldn't hit anything from the field and found themselves trailing, 21-12, with 6:37 gone. The Devils were pounding the boards and increasing their lead with each possession.

With 4:24 to go, they were up, 35-17. The Brownies, who'd been shifting from man-to-man to a zone, were finding out that neither defense worked very well against the Northampton outside game. The half ended with 'Hamp up, 41-27. They'd gone 16-28 (57 percent) from the field. Agawam shot a frustrating 9-23 (39 percent).

Agawam started out the second half in a full-court press led by Jay Hanscom, Bryan O'Quinn, and Joe DiVirgilio. That slowed the Devils down, but the Brownies couldn't put the ball in the ocean. With 3:38 gone, they were 0-7 from the field. DiVirgilio finally got a deuce with 4:44 off the clock. By then, 'Hamp was up, 47-31. They would never look back.

Freshman Basketball...

'Hamp Hands AHS Boys A Season-Ending Loss

The Agawam High School freshman boys' basketball team lost its last game of the season, 71-41, to the young Blue Devils of Northampton.

The high scorers for the Brownies were A.J. Martucci with 16 points, and Travis Reed with eight points.

To that point, the only bright offensive spot for Agawam was the play of junior forward Matt Albano, who would end up with 13 points. But Northampton was matching his hoops with hoops of its own. The Devils were also playing rough-and-tumble basketball, which was largely ignored by the officials (not that it would have made much difference if calls had been made).

With the win, Northampton (16-3, 7-0 in the Wheel) grabbed a playoff berth.

"This was a rebuilding year for us," Grumoli said of his club, which made the tournament last season. "We'll build on this experience and hopefully the experience we got this year will help down the road."

AGAWAM INDIVIDUAL STATS:

ALBANO — 13 pts, 4-5 fgs, 5-8 fts, 5 rebs, 3 off; STROLE — 8 pts, 3-6 fgs, 2-2 fts, 4 rebs, 1 off; DIVIRGILIO — 6 pts, 3-6 fgs, 1 reb; MELBOURNE — 6 pts, 2-3 fgs, 2-3 fts, 2 rebs; O'QUINN — 5 pts, 2-9 fgs including a 3, 0-1 fts; WHITE — 5 pts, 2-5 fgs, 1-3 fts, 2 rebs; HANSCOM — 4 pts, 2-13 fgs, 2 rebs; LYMAN — 3 pts, 1-5 fgs, 1-2 fts, 6 rebs, 4 off.

AGAWAM TEAM STATS:

Fgs — 18-53 including a 3 (33 percent); fts — 11-21 (52 percent); rebounds — 23, 9 off; turnovers — 9; points allowed off turnovers — 3.

NORTHAMPTON TEAM STATS:

Fgs — 28-52 including 5 3's (53 percent); fts — 7-9; rebounds — 28, 6 off; turnovers — 12; points allowed off turnovers — 2.

* * *

SPORTS EDITOR DAVE
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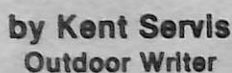
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Some great cash prizes will go to the lucky winners and this is certainly an event for the angling family. More details of this fun event will follow in the coming weeks.

year. He said it was great competition because they pushed us, too. I think both teams were as good as they were because they worked for everything they got this year," added Graveline.



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AHS's Boys' Alpine Ski Team Places Third In Division A

The Agawam High School boys' alpine ski team placed third this year in Division A. This is their second year in the top division.

They placed behind the teams from Mohawk and Westfield. The seniors provided a strong base for the team. Stephen Charest led with the top individual time on the team in six of the seven races.

Those finishes placed him 10th in the division and 11th on the mountain. His best finish for the season was a fourth place on the mountain in the giant slalom. Ryan Progulske's times for the season placed him 12th in the division and 19th on the mountain.

He provided the team with many great times, including a top individual team time in one of the giant slalom races that placed him sixth on the mountain for that race.

Mike Savioli's finishes helped the team stay above the other five teams in the division. His continued effort helped him finish in the top 30 on the mountain, which allows him to compete at the State competition on Tuesday, February 23rd.

This is Mike's third season to reach the State level of competition. He will be going with Ryan, Stephen, and Mike DeFilipi.

Daryl St. Laurent had a good season. This is his third year on the team and he raced in the slalom events for the first time this year. Each race he continued to beat his own personal best time.

An exchange student from Sweden, Simon Tyrburg completed the field of seniors on the team. As a first-time racer, he secured the eighth varsity position. He was a definite benefit to the team with his great effort and enthusiasm.

The juniors on the team were Mike DeFilipi, Jay Flood, and Rob Santaniello. Mike DeFilipi is the only junior to make States this year.

His race times placed him 24th on the mountain. Mike's times were important in maintaining the third place finish.

Rob Santaniello was having a great season until he caught a gate in the fourth race and he tore his A.C.L. Up to that point, Rob was placed 35th on the mountain.

He could not compete for the rest of the season, but will be back next year as a senior to help the team improve their standing in the division.

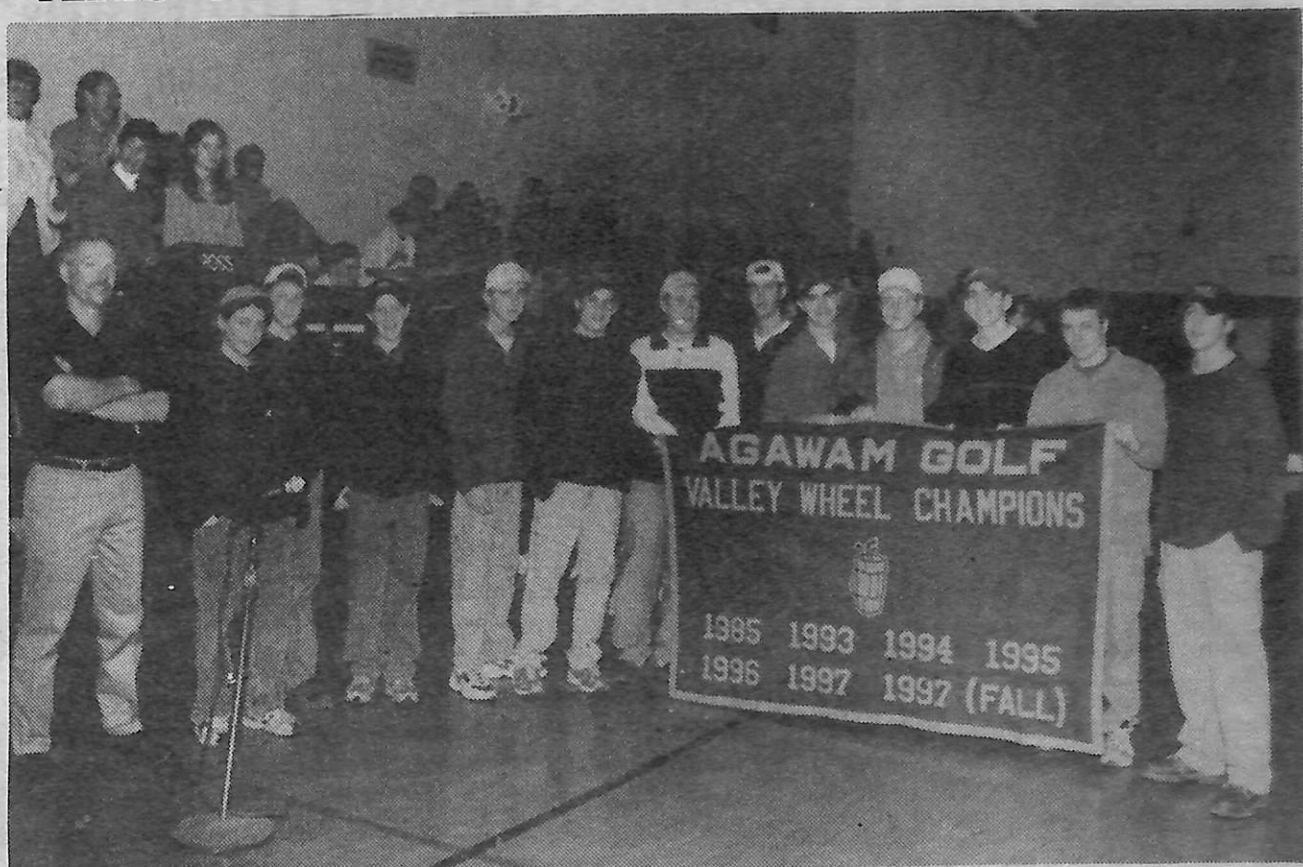
Jay Flood, another talented racer, continued to develop his race skills this year as a varsity racer. Considering he joined the team as a sophomore, he has shown great progress and will be one of the strong racers for next year.

His final standing on the mountain placed him in the 43rd position out of a field of 200 racers. The only sophomore on the team was Jack Pearson. He secured a varsity position and gained the necessary experience to be a very strong skier the next two years.

The freshmen racers were Bill Campana, Sean DeVall, Brandon Donovan, Adam Escobar, Kacy Progulske, and Rob Fitzgerald. They made up the junior varsity team. They each had the opportunity to race in giant slalom events. All junior varsity races are in the giant slalom only, but the freshmen showed that they were a strong group of racers that will help to rebuild the team next year.

You turn our pages for all the news on local sporting events ... AAN!!!

AHS Golfers Are Proud To Display Banner...



ON FEBRUARY 10TH at halftime of the girls' basketball game versus West Springfield, the Agawam High School varsity golf team unveiled this banner recognizing the team's six consecutive Valley Wheel championships. The team has recorded 64 wins against only five losses and one tie in league play, and an overall record of 96-10-2 during the past six seasons. Present team members who attended the short ceremony were co-captains Kyle Gendron and Chris Rousseau, Brian Beglane, Bob Bousquet, Jon Couture, Nick Bellefleur, Bill Gensheimer, Shawn Biebel, Ryan Morgan, Bob Woods, Tim Corlett, and Andy Green. Advertiser News photo by Jack Devine.

Hockey Benefit For Dal Molin Scholarship

The Thomas Dal Molin Scholarship Committee will be having a Hockey Benefit on Saturday, February 21st at the Springfield Civic Center.

As in the past, the first game will be Teddy Bear vs Teddy Bear Alumni at 5:30 p.m., and at 7:30 p.m., the Springfield Falcons vs the New Haven Beast.

It is also "Hall of Fame Night." Come bring the whole family for an evening of entertainment and fun. The proceeds are used for scholarships for Agawam High School students.

Your support is greatly appreciated. Tickets are \$8 and can be obtained by calling Kip at 786-9773 or Mary Lou at 786-1959.

Babe Ruth League Has Feb. 25th Sign-Ups

Sign-ups for the 1998 Agawam Babe Ruth Baseball League will be held on February 25th from 7:00 to 9:00 p.m. at the Faolin Peirce Room (located behind the Police Station on Springfield Street).

The League is open to all individuals who will have turned 13 years of age by August 1, 1998, but have not turned 16 years of age by the same date. The fee for participation is \$75.

For further information, please contact Bill Walsh at 786-7701 or John DeBonville at 786-3588.

NovaCare Rehab To Present "Golf 98"

NovaCare Outpatient Rehabilitation & Fitness First present "Golf 98" to be held Tuesday, March 3rd at Fitness First Health Club in Feeding Hills at 7:00 p.m.

The presentation will include promotional items, a raffle, and door prizes. Featured speakers will include Dr. John Corsetti, MD, of New England Orthopedic Surgeons, "Common Injury and Prevention," Jim Vernadakis BS, PTA, NovaCare Outpatient Rehabilitation, "Specific Stretching & Flexibility," Barbara Vinciguerra MS, General Manager of Fitness First, "Swing Easy, Hit Hard," Daril Pacinella, Head Pro at Wilbraham Country Club, "Swing Tips," and Cindy Johnson of Nevada Bob's, "Latest Equipment Developments."

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In High School Hockey Action...

Terriers Take A Bite Out Of The Brownies With 5-0 Victory

by Dave Rollins
Sports Editor

Sometimes, Terriers can turn into pit bulls. That's the case with the West Springfield High School hockey team.

While they may be struggling in some other sports, their program on the ice is one of the best around. They proved it last Wednesday evening at the Olympia with a convincing 5-0 win over Agawam.

Both clubs came into the game with a playoff berth in their pocket. Agawam was 11-6 (Fay Division). West Springfield was 12-2-3 and riding a six-game winning streak and loaded for Brownie. What started out as a relatively close game would soon, for Agawam keeper Chris Hearn (37 shots on net, 32 saves), become a shooting gallery.

After some good Agawam pressure from Dave Gusek, Tony LeClair, and Andy Radwanski for half of the first period, West Side began to dictate the play.

With five minutes left, Hearn executed a chest save, then a skate save off the rebound. At that point, the shots on goal were still pretty even: Agawam had seven and West Side had eight. However, the Terriers were putting a little more mustard on their attempts.

Then West Side hit hard and fast. Their first goal came off a mistake by the Brownies. Carlo Navone split the defense and bore down on Hearn. He flipped the shot home 10 feet in front of the crease at the 3:15 mark.

Less than two minutes later, Nick Smith launched from 20 feet out front to put his club up, 2-0. The period ended on an Agawam powerplay. The Brownies had 11 shots on net. West Side had 12.

Agawam started out the second 15 minutes with a powerplay advantage. West Springfield killed it. The Terriers' Smith, Navone, and Dan Hershel put pressure on the Brownie net. With 1:50 gone, Hearn stood tall in goal and turned away the threat. Agawam came back with two hard slapshots by LeClair and Rob Parker. Both were

testers. Both were handled by Terrier goalie Chris Atkin.

Once again, West Side took advantage of the Brownies' aggressiveness to record its third score of the game. Agawam was hustling on the right wing but lost the puck. Smith picked it up and laid a pass on Jeff Mitchell's stick. His score came with 4:46 gone.

Terriers Test AHS's Defense...

Now the Terriers began to test the Brownie defense. Smith had a clean breakaway with 7:17 to go. Hearn made a gut check save. Another West Springfield rush two minutes later saw a battle in the crease before AHS was able to clear the puck.

A Brownie penalty led to West Side's fourth score. Feeley was out for charging at 3:16. Navone scored with 2:03 to go on a slapshot from the right wing, beating Hearn to the stick side.

Spotting West Springfield a 4-0 advantage is not where a team wants to be, especially at the end of two periods. Agawam managed four shots on net for a two-period total of 15. West Springfield, turning up the heat, had 13 for a total of 25.

Agawam, much as it had done to start the second period, came out with a powerplay in the third. Immediately after West Springfield killed the penalty, Agawam's Brian Pagella went to the box. The Brownies, struggling now, did manage to kill the short-handed situation with some good work by Radwanski, Austin Kimball, Gusek, and Josh Sprague.

With the teams at even strength, the Terriers again went on a rush. Hearn made two excellent saves, one on a point-blank blast from Tom Moran at 12:09 and another off the stick of Jeff Tisdell at 11:25. The Brownies had a good opportunity with 4:30 gone when Feeley skated to within 10 feet of the Terrier net. He was leveled before he could get off a shot.

Things were getting chippy as the period wore down. It was mostly a case of frustration on Agawam's part. It is, after all, galling for either team to be handed a loss in the rivalry. Also, West Side was spending too much time in the Agawam zone. When the Brownies got the puck, they either couldn't control it cleanly or misfired on their shots.

West Springfield got its fifth goal with 3:42 left. It came off a Mike Liebro slapshot from 20 feet out on the left wing which hit the upper right corner of the Brownie goal.

Agawam's four final-period shots gave them a game total of 19. West Springfield had seven for a total of 32.

The Brownies, smarting from the West Side loss, traveled to Greenfield on Monday evening and made up for it with an easy 9-0 win. Agawam's Jay Malanson had two goals and two assists to bring his season total to 14 goals and 22 assists. Andy Radwanski, the Brownies' leading scorer up to that game, had two assists, upping his season total to 18 goals and 18 assists.

Malanson now has 38 points to Radwanski's 36. Malanson, at presstime, is the third-leading scorer in the Fay Division. Dave Gusek had two goals for the Brownies to up his total to seven goals and 16 assists. Rich Feeley had a goal and an assist to give him a season total of 12 goals and 13 assists.

Other goalscorers for Agawam included Tony LeClair, one goal (11-17); Rob Parker, one goal (4-6); Pagella, one goal (10-10); and Gilhooly, one goal (3-6).

With that win, Agawam (12-6, 8-2) picked up at least a share of the Fay with East Longmeadow (12-5, 7-2 at this writing).

Agawam's final regular-season game will be at Easthampton.

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Harlem Rockets To Perform At AHS On March 4th

"Jamming" Jay Griffin, 6'6", is a very exciting player, comedian, with great potentials who could have played professional football, but chose basketball comedy.

Being a free agent who played comedy basketball with the Magicians, and most recently the Harlem Wizards, he has signed a contract to play with the Fabulous Harlem Rockets for the next three years.

"Jamming" Jay can juice up the fans with his spontaneous laughter, comedy, and his jumping ability. He is a happy-go-lucky guy that enjoys comedy basketball to the fullest. He has great untapped potentials to be the best comedy person in the business.

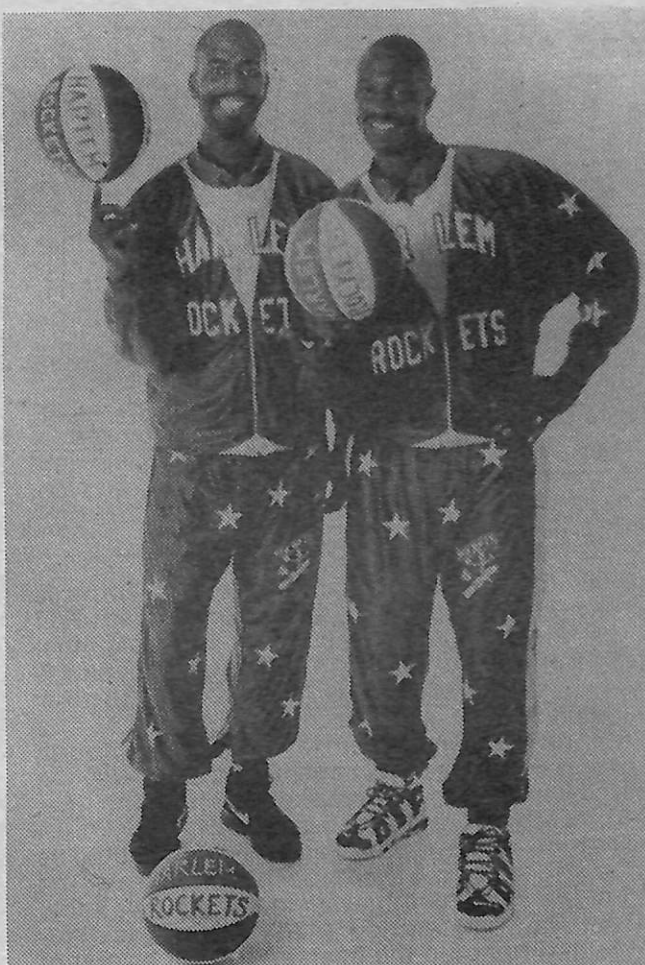
Don't miss the opportunity to see one of the greatest basketball comedians in the Northeast when he appears with the Harlem Rockets to take on the Agawam All Stars at the High School gymnasium on March 4th at 7:00 p.m.

"Jamming" Jay Griffin was born in Springfield, the birthplace of basketball, but football was his number one sport. He played four years of high-powered high school football and basketball in Texas. Jay was heavily recruited for football. He was a blue chip prospect, a two-time all-state defensive back who was a vicious tackler who liked to hit people.

He accepted a football scholarship to Clemson, but turned down the scholarship, because he was told that he wouldn't be able to be a walk-on for basketball. He, therefore, matriculated to Henderson County Junior College in Texas, where he played and excelled in football and basketball.

Jay Griffin, after graduating from junior college, was heavily recruited by several Division I Southern colleges to play football. Jay chose to take his athletic prowess to Oklahoma City University, where he was able to play football and basketball.

He played basketball for the legendary coach by the name of Abe Lemons. Jay got his offensive game together by averaging 17 points and 17 rebounds per game, and was named to the First



Sayeed "Rainbow" Muntaqim and "Jamming" Jay Griffin of the Harlem Rockets.

Team All-Sooner Athletic Conference.

The Harlem Rockets' appearance is being sponsored by the Agawam High School PTSO. Advance tickets are presently on sale at the High School and the Mayor's office, or by calling 786-1982 (ask for Joann McGeoghan). Tickets may also be purchased at the box office the day of the game.

Come early and stay late. Don't miss this great basketball wizardry. Autographs and Harlem Rockets souvenirs will be available.

Daggett Gymnastics Sends 15 Girls To Lowell For Recent Bay State Classic

Tim Daggett Gold Medal Gymnastics sent 15 young ladies to the Tsongas Arena in Lowell to compete in the Bay State Classic, February 8th-10th.

In Level 10 Junior A, Lauren Powell of Agawam won first place on floor exercise with a score of 8.70. This helped her take third place all-around with 33.775.

In Junior B, Kadee Bamley of South Windsor performed a handspring front-tuck on vault to earn her a 9.00 that took her into the fourth place spot all-around with a 33.475.

In Level 9 Junior A, Agawam's Brionne Lancour took the top honors on vault with an 8.45 and her 9.20 on floor exercise secured the Silver Medal in the all-around with a 34.50.

Noelle Marquez of Enfield came back strong from an injury to take fifth place with a 33.60. In the Junior B Level 9, Sarah Liebowitz mined God on the uneven bars with a 9.05 and her 9.00 on vault showed her the way to third all-around with a

34.90.

Lissa Bramley also had a great meet as her 33.975 will attest. The Level 9 Senior A division saw Agawam High standout Leila Sekkal place fourth with a 32.975.

The Level 8, 11-12 age group was represented admirably by Leigha Hancock who grabbed first place on floor (9.25) and fourth all-around (33.80) and Agawam's Mary Kate Zajac, who took seventh all-around with a 32.525.

The 13-14 age group witnessed outstanding meets from Andrea Babbini of Agawam whose 9.15 on floor exercise helped her to the all-around score of 35.475, good for Silver.

Karen Christoferson balanced her way to a 9.35 on beam (first) and 35.20 all-around (fourth). Whitney Quist broke through for a 31.85 all-around and Lisa DiRosa scored a solid 30.60 all-around. Paula Ballentine's 8.80 on balance beam took the 11th spot.

Daggett Gymnasts Compete In Vegas

On Friday, February 6th, the first day of competition at the Las Vegas-Black Jack Gymnastics Invitational, John Szymczyk and Mat Perry, both of Agawam, finished in the Class I Elite. Szymczyk had an all-around score of 48.95, which was good for seventh place and advanced him into the AA Finals on Saturday. Perry scored a 43.90 AA score.

Jamey Houle and Patrick McFarlin, both Longmeadow, finished in Class II Elite. Houle's AA score was 49.75 (third place), and McFarlin's was 45.3 (10th place). Houle then advanced to the AA Finals.

The AA Finals were held on Saturday night, February 7th. After combining all the scores from Levels 1 and 2, the top 16 gymnasts were set to compete.

John Szymczyk and Jamey Houle placed in the top 16. Several college elite gymnasts, as well as six members of the Olympic Training Center, joined in the final competition. Two members of the 1996 U.S. Olympic team joined in also.

These champions will be competing at their next meet — the Tim Daggett National Invitational, to be held March 21st-22nd at Springfield College's Blake Arena.

This upcoming event is one of the premiere national competitions that attracts top gymnasts from all over the United States. For more information on the Tim Daggett National Invitational, please call 786-4686.

Bay West Panthers Defeat Ludlow

On Sunday, Feb. 15th, the Bay West Panthers (Squirt B Division) were matched up against an always tough Ludlow team.

The game started with both teams starting off slow, dumping the puck into each other's end. There were some excellent plays, however, as Michael O'Neil went to the ice to block a Ludlow shot.

Mike Brouillette had a good shot on goal, but the Ludlow goaltender came up with a good save. The period ended in a scoreless tie. Ludlow came out quick as they broke the ice taking a 1-0 lead.

But Bay West came back on the offensive as Jon Wagner went in all alone, but again the Ludlow goaltender came up with a great save. The Panthers' goaltender (Tony Boido) also came up with a good save on a Ludlow 2-on-1 break. Bay West continued the pressure as Ryan Harlow had a good opportunity but was robbed.

The Panthers started clicking in the third period as Dave Suchy scored on an unassisted power play goal to tie the game. Within a minute later, Bay West took the lead as Ryan Harlow found the back of the net with the assist going to Dave Suchy. Ludlow came back to tie the game at 2-2 with five minutes left in the game.

The Panthers were hungry for a win as they continued to put on the pressure and the work paid off as Ryan Harlow scored his second goal of the game (Mike Brouillette with the assist) to give the Panthers a 3-2 lead.

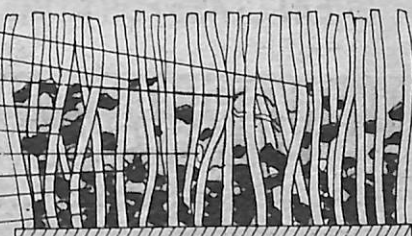
On offense, Adam Corbin and Anthony Santinello played an excellent game and also a strong defensive game was played by Ed Gaiser, Alex Demers, Joey Zmuda, Matt Footit, and Matt Woodward. The game ended with a 3-2 win going to the Panthers.

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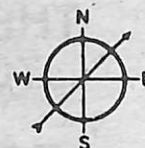
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Blackwall	Price	Blackwall	Price
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175/70SR13	35.99	195/70SR14	40.99
185/70SR13	36.99	185/70SR13	44.99

PERFORMANCE
Firestone
FIREHAWK GTA SALE
All Season, H-Speed Rated

\$50⁹⁹ P195/70HR14

40,000
Mile Limited Warranty*

Black Letters	Price	Black Letters	Price
P195/60HR14	\$62.99	P215/65HR15	\$70.99
P195/60HR15	65.99	P225/60HR15	75.99
P205/60HR15	75.99	P205/55HR16	99.99

Our Everyday Lowest Price!

SPECIAL PURCHASE

35,000
Mile Limited Warranty*

4 for \$67
P155/80R13

All 13" - 4 for \$98

All 14" - 4 for \$98

*All 15" - 4 for \$98

*Excludes P235/75R15

80 & 75 Series sizes only.
Tread design may vary

WINTER CAR CARE CHECK-UP
In-depth visual analysis of major systems

- Tires
- Brakes
- Battery
- Suspension
- Belts/Hoses
- Fluid Levels
- Exhaust System
- Shocks & Struts
- Lights & More...

\$15⁹⁹
INCLUDES 4 TIRE ROTATION

Most Cars Exp. 3/15/98

RADIATOR SERVICE

DRAIN & FILL

We'll check system, drain and recover old anti-freeze and refill with required amount of recycled coolant.

\$29⁹⁹

Ask about our complete service!

Most Cars

Exp. 3/15/98

IMPORT CARS
LEMANS
METRIC RADIAL
All Season, Steel Belled

\$21⁹⁹ 155SR12

35,000 MILE LIMITED WARRANTY

White Letters	Price
155SR13	\$27.99
165SR13	29.99
175/70SR13	33.99
185/70SR13	34.99
185/70SR14	35.99
195/70SR14	39.99

*Call for other sizes

PERFORMANCE
LEMANS
SR RADIAL
Low Priced, H-Speed Rated

\$37⁹⁹ P175/70SR13

45,000 MILE LIMITED WARRANTY

Blackwall	Price
P185/70SR13	\$49.99
P185/70SR14	53.99
P205/70SR14	59.99
P215/70SR14	46.99
P215/60HR14	56.99
P215/65HR15	53.99

SPORTS UTILITY
LEMANS
RADIAL A/T
All Season, 2 Steel Belts

\$48⁹⁹ P195/75R14

OUR BEST PRICE FOR LIGHT TRUCKS

White Letters	Price
P215/75R15	\$75.99
30X950R15	79.99
31X1050R15	84.99
32X1150R15	89.99
33X1250R15	94.99
LT235/85R16*	95.99

*BLACK LETTERS ONLY

WE'LL MEET ANY PRICE!

Or We'll Refund 150% of the Difference on the brands we Sell!

GUARANTEED:

Just show us your tire advertised for less by a local competitor within 30 days of your purchase.

IMPORT CARS
Firestone
F-570 RADIAL
60,000 MILE LIMITED WARRANTY

\$40⁹⁹ 165/70R13

Blackwall	Price
175/70R13	\$42.99
185/70R13	45.99
185/70R14	47.99
195/70R14	48.99
205/70R14	54.99

PERFORMANCE
BRIDGESTONE
TURANZA H
50,000 MILE LIMITED WARRANTY

\$84⁹⁹ P195/70HR14

Black Letters	Price
P195/60HR14	\$89.99
P195/65/HR14	95.99
P195/60HR15	94.99
P195/65HR15	95.99
P205/60HR15	97.99
P205/65HR15	100.99

SPORT UTILITY
Firestone
FIREHAWK R4S
50,000 MILE LIMITED WARRANTY

\$75⁹⁹ LTP205/75R15

Outline Letters	Price
LTP215/75R15	\$78.99
LTP235/75R15	83.99
LTP265/75R16	126.99
30X9.50R15LT C	94.99
31X10.50R15LT B	101.99
32X11.50R15LT C	116.99

SPORT UTILITY
Firestone
WILDERNESS LT
50,000 MILE LIMITED WARRANTY

\$78⁹⁹ P215/75R15

Outline Letters	Price
P225/75R15	\$77.99
P235/70R16	85.99
P235/70R16	97.99
P235/75R15	83.99
P235/75R15	97.99
P255/70R16	97.99

Firestone
4 TIRE ROTATION and BALANCE

Includes: Alignment Check

For Smoother ride and longer tire wear. Plus we inspect tire tread, air pressure, valve stems

\$24⁹⁹

Exp. 3/15/98 Most Cars

Firestone
MANAGER'S CAR CARE PACKAGE

4 Services - 1 Low Price

- Oil Change & Filter
- Maintenance Tune-Up
- 4 Tire Rotation and Balance
- Car Care Check-up

\$79⁹⁹ 4 Cyl.

6 Cyl. - 89.99
8 Cyl. - 99.99

Exp. 3/15/98 Most vehicles. Platinum plugs, transverse engine V-6 engine and A/C interference additional.

MAINTENANCE BRAKE SERVICE

- Install brake pads or shoes
- Resurface drums or rotors
- Adjust drum brakes
- Road test vehicle

\$89⁹⁹ Organic Pads

Semi Metallic Pads \$99.99 per axle. Disc or drum. Grease seals and wheel bearing repack extra, if needed.

Exp. 3/15/98 Most Cars

Firestone
TIRE AND SERVICE CENTERS

STORE HOURS
MONDAY - FRIDAY
7:00 - 6:00
SATURDAY
7:00 - 5:00
SUNDAY - Feb. 15th
10:00 - 4:00

* THESE STORES OPEN EVERY SUNDAY

NORTHAMPTON

327 King Street (413) 586-1584

***SPRINGFIELD**

1666 Boston Rd (413) 543-1312

W. SPRINGFIELD

501 Memorial Ave (413) 737-5392

WESTFIELD EXPERT TIRE

322 E. Main St. (413) 568-8981

***ENFIELD**

33 Palomba Drive (860) 741-6550

HARTFORD

1400 Main Street (860) 527-5275

* EAST HARTFORD

339 Main Street (860) 568-2160

†Affiliated Dealer. Tires & Pricing May Vary

Coupons Also Honored at this EXPERT TIRE location.